network news

a guide to inspiring events in north wales

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vertical farming in north wales ~ agrivillages ~ a new story for humanity

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March 2020

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Welcome to the March Network News. We were especially inspired - and provoked - by Margaret (Meg) Wheatley’s presentation in February’s Ecovillage Summit. Meg initially floored us with her rejection of the idea of “hope”. But we kept listening. Many of us have lived for years believing that some kind of new age was just around the corner. Now Meg is urging us to face unfiltered Reality. All civilisations decay and fall, the symptoms have been identified, and at this moment we have them all. Worse, the civilisations of history were regional, ours commands the whole planet. (See Page 4)

The functioning of the Earth has been forever changed by human activity. Fire, Air, Earth & Water - the elements themselves have been manipulated and poisoned by human hands in the last century in ways quite unknown in the preceding five billion years. Just as in Goethe’s poem, it was basically laziness - the love of ease, and the willingness to enslave or exploit other beings to that end - that tempted the Sorcerer’s Apprentice to cast the spell that unleashed a devastating black magic tide. In the story, the Sorcerer returns and breaks his student’s spell. Will humanity be so lucky? Probably not. We seem to be repeat offenders on a grand scale!

Buddha warned us about our material cravings 2,500 years ago, Jesus advocated loving our neighbours - and our enemies - 2,000 years ago. In our own times, Rachel Carson’s *Silent Spring* was 1961, Schumacher’s *Small Is Beautiful* 1973, Al Gore’s *Earth In The Balance* 1992, Kolbert’s *The Sixth Extinction* 2014. So many warnings, so much wisdom, but we kept on pursuing comfort and convenience. In the 1960s, we wanted to save the world. In the 2020s, let us just try to create little “Islands Of Sanity” around us. As Meg quotes: “Do what you can, with what you have, where you are.”

Blessings to all beings
The movement of civilisations along the arrow of time has been a mesmerising field of study from the time of classical Greek scholars such as Plato up to our present. Historians want to know what has gone before, not from intellectual curiosity, but from a desire that their current civilisation avoid a similar fate. And there is a plethora of examples for study: Globally there have been dozens of complex civilisations during the last 5,000 years of recorded human history (by 3000 BCE there were already seven known to Western scholars).

Every one of them illustrates the same pattern of ascendency and collapse. In addition, excellent archeological research on the causes of decline removes any doubt about the strong commonalities among these civilisations and the descriptive accuracy of the pattern of collapse.

Still, it was astonishing to read of a ninth-century Arab moralist’s lament about the celebrity pop singers who flooded the capital city in great numbers singing erotic songs, using obscene language, whose influence on young people degraded their morality and normalised vulgar. Or to read that in the eleventh century, education in the Arab empire changed from learning to technical training for high-paying jobs.

There is nothing new under the sun.

The pattern is crystal-clear. We humans, no matter where we are or what our cultural belief system is, always organise in the same way. We create glorious buildings, cities, transportation and trade routes, music, aqueducts, dance, poetry, theater, sewage systems, canals, pottery, fabrics, farms, statues, monuments. And yet, these magnificent cultural manifestations are guaranteed to disappear, destroyed at the end by disease, famine, or invaders that attack a society already weakened by moral decay and internal warring. We are incredible organisers and creators, and then are brought down by our arrogance, pettiness, and greed. Always.

But in our bright, shiny, techno-optimistic twenty-first-century global culture, we believe we have stepped off the arrow of time. Our technological and scientific genius gives us the capacity to bypass the fate that has overtaken all other complex civilisations. In our arrogance, we believe that we can use our superior intelligence as never before, changing history, bounding forward in great leaps, no longer subject to the arrow of time. We believe we are the height of human evolution rather than just its most recent, predictably problematic manifestation.

The belief in never-ending progress is fuelled by our inexplicable arrogance that we can supersede the laws of the Universe.
Our constantly expanding technologies and innovations may appear to be adaptive responses to the environment. But this is not true. Quite the opposite: for the first time in history, humans are changing the global environment rather than adapting to it.

We are ignoring scientific laws, acting as Masters of the Universe, asserting we can invent anything we want to suit ourselves, including artificial life. This is not the behaviour of a living system interacting skillfully with its environment. This is hubris of ahistorical proportions and we are failing miserably, as you may have noted.

For those of us not blinded by the false promise of progress, we may understand the dire state of this civilisation. If you're paying any attention to the news from everywhere, it's hard to avoid the spectre of collapse. But then what happens? Do we, as most do, fall into private collapse consumed by fear and despair? Do we become one who does nothing but complain for what's been lost? Do we succumb to grief for the suffering of so many? Do we give up and spend whatever time is left in hedonistic pursuits? Do we cocoon in self-protective bubbles with a nine-foot TV screen and Surround Sound?

Or do we acknowledge where we are and step forward to serve? Those who have studied the pattern of collapse always conclude their analyses with an urgent plea that we take notice, that we wake up to where we are in order to positively change where we are. The natural march of time toward disorder can be counteracted and even reversed by awareness and learning.

Blind reactivity and fear are not the answer.
Self-protection is not the answer.
Denial is not the answer.

**What is sane leadership?** It is the unshakable faith in people's capacity to be generous, creative and kind.

It is the commitment to create the conditions for these capacities to blossom, protected from the external environment. It is the deep knowing that, even in the most dire circumstances, more becomes possible as people engage together with compassion and discernment, self-determining their best way forward.

This leadership is no longer available at the global level. There, the pattern of collapse is manifesting with astonishing speed and accuracy. But within our sphere of influence, there is so much we can do. We can train ourselves to see dearly, to fully acknowledge this time in all its painful details; and then, wherever we are, whomever we're with, we can choose actions based on insight, compassion, and wisdom.

If we choose this role for ourselves, we are joining those few who, throughout history, always step forward to serve in a time of collapse. Copyright © 2017 by Margaret Wheatley

*Dr Margaret Wheatley is an author, systems theorist and management consultant. Margaret’s book, *Who Do We Choose to Be*, is a deconstruction of the patterns of civilisation collapse and a call to action for courageous leadership in a time of demise. We dive into the factors involved in collapse, the progress trap, and how we can show up as leaders in these testing times.*

[margaretwheatley.com](http://margaretwheatley.com)

Meg is in North Wales in March as part of her European work:

**WARRIORS FOR THE HUMAN SPIRIT**
Training to be the Presence of Insight & Compassion

*For details see the calendar on Meg’s website.*
Agrivillages
Ashley Dobbs & Jimmy Skinner

An agrivillage is typically around 500 houses with some 350+ acres of land dedicated to ecological farming. They are designed to meet the needs of new food entrepreneurs and those who want to escape the city and lead their lives back on the land.

Agrivillages are places everyone can live and work, benefitting from collective marketing and branding that enables producers and farmers to sell branded products rather than commodities at greater margins. The goal of our agrivillage plans is to build exemplar communities that are: food positive, energy positive, biodiversity positive, and rent positive.

The first of the inHarmony agrivillages will be in Millom, Cumbria, which was a mining town until 50 years ago when the iron ore industry closed.

We’re designing agrivillages as a response to the difficulty of obtaining land. They will help new farm entrants by making it affordable to cultivate innovative and ecologically sound ways that protect and conserve biodiversity and wildlife whilst enhancing the fertility of the soil.

The farm plots for renting will range from allotment size to micro-dairy size of 30 to 40 acres. This farmland will eventually be owned by the Community. Technological back-up from organic research organisations will play a crucial part in increasing productivity per acre. We’ll address the problem of profitability by forming an umbrella brand that enables residents to market what they grow as branded products rather than commodities. Creating a home market and shorter supply chains to other markets means that both producers and consumers benefit from reducing transport and other intermediary costs.

Millom will also feature; a multi-university campus encouraging cross-over between science, the arts, entrepreneurship, and horticulture; an eco-hotel; miles of trails; and a freshwater lido. Transport will be via electric cars and a bike pool and will link to the mainline railway station via footpath. 500 homes of different designs and sizes will cater for a diverse population of all ages, which will be available for rental and for purchase.

Although Millom is still in the planning phase and will not be completed for at least another three years, we’ve received a huge amount of support for the project so far – we now have more than half a dozen other projects in the pipeline. We think the idea is really starting to gain traction because people want places where they can lead stimulating, happy and healthy lives. Agrivillages are designed to contrast with typical housing estates, which have failed
to grasp the opportunities to advance civilisation and have largely neglected the urgent need to tackle the climate emergency.

But this is not to say there aren't challenges: ironically, small eco-communities create a larger per capita footprint than ordinary development. Scale is vital – larger eco-developments can meet most of the energy, food, educational, intellectual and entertainment requirements of its residents without the necessity to travel further afield. By design, they encourage neighbourly interaction with lots of meeting places, gardens and shared facilities – addressing the physical and mental health crisis and creating a sense of Community.

Ashley Dobbs & Jimmy Skinner are co-founders of InHarmony, pioneer developers of Agrivillages.

in-harmony.co

100 Seconds To Midnight
Ban Ki-moon

At the start of the second decade of the 21st century, our world faces a security crisis greater even than the heights of the Cold War.

Nuclear annihilation is an acute threat, aggravated by both stand-offs over Iran and the Korean Peninsula, and by the deliberate undoing of arms control agreements that have restrained proliferation by key powers including Russia and the United States.

The climate crisis poses an equally grave existential challenge to humanity, with the devastating fires in Australia only the latest example of the risks posed to human health and safety by global warming and extreme weather events. But even though the last year has seen an outpouring of popular anger and demands for radical change, global leaders have yet to show they are capable of taking the bold steps to cut emissions and deliver a sustainable future.

This is why this January, The Elders, represented by Mary Robinson and myself, joined the Bulletin of Atomic Scientists in taking the dramatic step of moving forward the hands of the Doomsday Clock. It is now just 100 seconds to midnight – we are closer to global catastrophe than we have ever been before.

This must be a wake-up call for the world. The decision to move the hands of the Doomsday Clock is backed by rigorous scientific scrutiny, and demands an equally rigorous multilateral response.

Recent events in the Middle East have shown how unilateral actions beyond the bounds of international law can spark unpredictable and potentially uncontrollable consequences.

The tragic shooting down of a Ukrainian passenger jet in Tehran, killing 176 civilians, is an awful warning of the price paid in innocent blood when leaders favour bellicose posturing over serious negotiations.

The prospect of a similar confrontation between two or more nuclear-armed powers should horrify us all but is
dangerously real, as we saw in 2019 between India and Pakistan over Kashmir. Such tensions call for responsible global leadership and a careful, concerted attempt to strengthen multilateral frameworks around nuclear disarmament and non-proliferation.

The Non-Proliferation Treaty (NPT) Review Conference that will take place later this year in New York is a critical opportunity to make progress, but the current postures of the leading nuclear powers do not augur well. Instead, over the last year we have seen precisely the opposite as the US and Russia have abandoned the Intermediate-Range Nuclear Forces (INF) Treaty, raising the prospect of another dangerous nuclear arms race on European soil.

If the New Strategic Arms Reduction Treaty (START) is not renewed in 2021, there will be no nuclear arms agreement in force between Russia and the United States anymore, and no remaining limits on the size of their deployed nuclear arsenals.

This is a test of leadership. It is encouraging that President Putin has stated clearly that Russia is ready to renew New START without delay, and I urge President Trump to now move without delay to get a deal. Meanwhile, both Washington and Moscow have also continued to invest in new technologies such as hypersonic cruise missiles and space-based systems, with the rapid and opaque nature of technological development further contributing to mutual paranoia and distrust.

All nuclear powers – the five permanent members of the UN Security Council (US, Russia, China, France and the UK) as well as Israel, India, Pakistan and North Korea – need to face up to their responsibilities and work together to reduce their nuclear stockpiles.

The common thread uniting and exacerbating the nuclear and climate threats is the assault on the multilateral rules-based system that has helped underpin global peace and stability since the Second World War. Leaders of that era, including President Franklin D Roosevelt and President Harry S Truman, were determined to avoid the mistakes of the past, when the League of Nations proved powerless in the face of Nazi and fascist aggression.

Yet too many leaders today either embrace the doctrines of nationalism and isolationism, or lack the political courage to challenge these malign forces and instead retreat into passivity. At such a moment, the world should recall the inspiring words of the late Kofi Annan, my predecessor as UN Secretary-General whose life was devoted to the cause of peace:

“When leaders fail to lead, the people will lead and make them follow.”

We have seen this over the last twelve months with the remarkable and inspirational youth climate movement. In a year that marks the 75th anniversary of both the Hiroshima and Nagasaki bombs, and the founding of the UN, we now need a similar global mobilisation against the nuclear threat, so we can bequeath a peaceful, liveable world to our children and grandchildren.

Ban Ki-moon was the eighth Secretary-General of the United Nations. He is currently Deputy Chair of The Elders.

theelders.org
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a guide to inspiring events in north wales

In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

NORTH WALES INTERNATIONAL DEVELOPMENT SUMMIT /
UWCHGYNHADLEDD DATBLYGU RHNGWLADOL GOGLEDD

CYMRU 18th March. A day of networking and workshops about Approaches for Sustainability in a Globally Responsible Wales, led by Sophie Howe, the Future Generations Commissioner. Held at Bangor University and hosted by Hwb Cymru Africa. See Calendar 18th for more info.

ENVIRONMENTAL ACTION SOCIETY We are a new society set up in 2020 in what will be a deciding year in the climate crisis. Our aim is to campaign for greater environmental action at Bangor University and beyond. We will engage with university students, staff, societies and local Community members about important issues associated with water, energy, transport, waste, food and biodiversity. If this is something you’d like to help with or hear more about, please join our society and social media pages. Please get in touch if you have any questions. Facebook: Bangor Environmental Action Society Twitter: @BangorEnviro

FAIRTRADE FORTNIGHT: Cymru Masnach Deg/Fairtrade Wales. Continues 1st - 8th March. Find your local contact in North Wales area via website: fairtradewales.com

CIRCULAR ECONOMY STRATEGY We want your views on our strategy to make a low carbon, zero waste Wales that uses a fair share of resources. Consultation ends 3rd April 2020. More from: gov.wales/circular-economy-strategy

PLASTIC FREE: Crisp Packet Project sends empty packets to projects that make bivi bags for the homeless, find them on Facebook See also Plastic Free Snowdonia and Plastic Free Llanfairfechan (Facebook) where you can find ideas and plastic projects happening - and there are probably more!! packaging.co.uk - a general website which informs about reduced packaging efforts by supermarkets.

ERROL DUNKLEY & DUB NATTY SESSIONS BAND 21st March, 7.30pm, see Calendar.

VIPASSANA MEDITATION GROUP SIT in Bangor twice weekly, with occasional longer sits. We welcome all who have completed at least a 10 day course in the traditions of either S N Goenka or Sayagi U Ba Kin. Rik - rikthepotter@gmail.com

NORTH WALES PRINT FAIR 7th March. Workshops, displays, demonstrations and affordable art to buy! Mostyn Gallery, Llandudno. Mostyn is committed to supporting independent makers and small businesses. See Calendar.

INTERNATIONAL WOMEN’S DAY EVENTS “An equal world is an enabled world.” See Calendar for events on 7th, 8th, 9th & 13th; and films Blue Stocking on 3rd, and Home on 2nd & 3rd

Do You Have Any Objects Relating to Protest? We are looking for objects created or used by people protesting for causes - includes traditional items such as banners, posters, badges or everyday objects that tell a personal story of protest. If you have any objects, please contact Bangor University and Storiel Museum Collections Officer, Helen Gwerfyl: helengwerfyl@gwynedd.llyw.cymru, 01286 679823 by 6 March 2020. storiel.cymru

Refilling Shops - Local - Reduced Plastic “to change your world”

The aim of refilling is to promote reduced plastic and zero waste containers as well as a mix of local produce - don’t forget your own containers and bags!

Local Spar Shops do re-filling for some liquids, eco-products and dry food (Betws y Coed, Pwlheli, Llanrwst)

Sustainable - Weigh/ Siop y Glorian, 13 Castle Square, Caernarfon 01286 678717

Dimensions Dru Health Store, Holyhead Rd, Upper Bangor 01248 351562.

Twenty Fifty 403 Abergale Rd, Old Colwyn 01492 513809

Iechy Siop Bwyd Iach Health Food Shop 10 Y Maes, Pwlheli 01758 612223 (eco products only)

See our outlet section on inside back cover - all of whom contribute to a sustainable world in many ways

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Walking with Spirit
Spring Equinox Walking Meditation
from Llyn Tecwyn Isaf, Llandecwyn
to Bryn Cader Faner (bronze age circle)
Approx. 7 miles, 4 hours

Feel the Earth ~ Touch the Earth ~
Renew ~ Energise ~ Connect

10am ~ Saturday, March 21st
Meet at Llyn Tecwyn Isaf, Llandecwyn LL47 6YS
Car parking is limited so please lift share if poss.

Moderate physical fitness required; walking shoes/boots and wet weather gear - Bring a drink and light snack

Limited places available please book with me
claireheath55@icloud.com
Mobile: 07450 996681

Donations gratefully received. Proceeds go towards initiating a woodland project for young and old at Coed Ceunant Coch, Llandecwyn.
**March Calendar**

| Anglesey, Gwynedd & Conwy in Blue |
| Denbighshire, Flintshire, Wrexham & Chester in Green |

**1st SUNDAY**

**Celebrate St David’s Day: Tanio'r Dragon / Lighting of the Dragon** Weather dependent! 6.30 - 7.30pm, Bettisfield, near the dragon. Facebook of event name. Flintshire County Council 01352 703900.

**Sacred Circle Dance** 1st Sun/month, 2 - 4pm, £7. Rhosesmor Village Hall, nr Mold. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk

**Tai Chi Workshops** 1st Sun/month in the Dance Studios, Gaol St., Pwllheli. More from Sue Baumann, llyntyaiichi@gmail.com

**Gweithdy Yoga Workshop**
We will be concentrating on detoxing and stimulating the digestive system during this workshop, making space for a general spring clean - for the body through asana and breathing practices; and the mind and spirit through concentration and mantra; with plenty of time at the end to rest body and mind in a deep relaxing nidra (yogic sleep). All levels of experience welcome. 10am - 12.30pm. Neuadd Ogwen, Bethesda LL57 3AN. Bookings: 07876 141430, Facebook of event name

**Practical Woodland Tasks** We will plant some trees, learn about techniques for planting and aftercare; harvest some coppice hazel and look at its uses. We will visit an area of new planting and consider which trees need to be marked as potential standards and how they can be improved by formative pruning and then prune them. £50, deposit £25. woodland Skills Centre, Bodfari, Denbighshire. 01745 710626, woodlandskillscentre.uk

**Estyneto** Join us for regular dance/movement sessions aimed specifically for those over the age of 60. The sessions are led by inspirational dancers/ choreographers (Cai Tomos & Angharad Price Jones) and open to anyone who has the desire to stay active, fit and healthy. No previous experience or dance skills required. 1.30pm, £4. Galeri, Caernarfon 01286 685222, galericaernarfon.com Also 15th

**Someone Else’s Shoes : The Poetic Monologue** A masterclass with writer in residence Jonathan Edwards. Drawing on the work of a range of poets, the workshop will show that all you need is to pick up a pen to find out. 10am, £45 includes lunch and tea. Gladstone’s Library, Hawarden CH5 3DF. 01244 332350, gladstoneslibrary.org

**Cor Merched Edeyrnion Ladies Choir** A St. David’s Day concert. 7pm, £10. Theatr y Ddraig, Barmouth LL42 1EF. 01341 281697, dragontheatre.co.uk

**Pwllheli Quakers** 1st Sun/month. 11.30am, held in Welsh language, all welcome. Capel Penmownt, Pwllheli LL53 5HU. Rhian Parry 07753 409237, Huw Meredydd Owen 07733 121395.

**La Dolce Vita** (12A) Film. A restless reporter drifts through the city following a movie star and heiress. 12.30pm, £8.50, £6 u26s. Storyhouse, Chester 01244 409113, storyhouse.com

**Tempera Painting and Guilding** The technique evolves from ancient times and offers a container through which the participant can embark on an inner journey. The quietly absorbing method brings a contemplative atmosphere to the sessions, encouraging each person taking part to move more deeply into his or her inner world whilst focusing on the chosen image. 10am - 1 & 2 - 5pm, £50 or £25 per 3 hour session, advanced booking essential. Bishop Lloyd’s Place, Chester CH1 2LE. Lynette Howells-Moore 01244 313910, 07742 365623, lynnetehowellsmoore.co.uk Also 8/15/22/29 March & 5/

**April**

**Green Woodworking** 1st Sun/month. Everyone welcome to our mostly social occasion; food to share, mulled drink, cake and soup. From 10am - 4pm. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

**Clybdod Acoustic Club** Meets 1st Sun/month. 2pm, open to all musical abilities and styles of music - no electricity connecting! Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Big Allotment Growing Day** 1st Sun/month. An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Fferm Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

**Anglesey Artisans Fayre** Inside the Oyster Catcher Restaurant, Rhosneigr, Anglesey LL64 5JP. 01407 812829. Facebook: Anglesey Artisans

**1917** (15) British thriller, set in WWl. Two soldiers are tasked with crossing deep into dangerous enemy territory to deliver a message. 3.30pm, £3.50, £2.50. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**1st SUNDAY - 5th THURSDAY**

**Greed** (15) Film about the fashion industry and the inequality. Various times. Storyhouse, Chester 01244 409113, storyhouse.com

**1st SUNDAY - 8th SUNDAY**

**Fairtrade Fortnight** “In 2020 we will continue our mission to ensure that all farmers are paid fairly for their work and are able to earn a living income, starting with cocoa farmers in West Africa.” fairtrade.org.uk
2nd MONDAY

**XR Heading for Extinction** What can we do together? Come along to a Heading for Extinction talk presented by one of our brilliant XR facilitators. The planet is in ecological crisis; we are in the midst of the sixth mass extinction event this planet has experienced. Scientists believe we may have entered a period of abrupt climate breakdown. This is an unprecedented global emergency. Our children and our nation face grave risk. We will be discussing: the latest climate science on where our planet is heading; some of the current psychology around the climate emergency; offer solutions through social movements. Everyone is welcome - you don’t need to be a member of XR. There will be an opportunity to ask questions and discuss the issues raised afterwards. Refreshments provided - any donations greatly welcomed. 7 - 8.30pm. This talk will be held in the rooms above Saith Seren, 18 Chester St., Wrexham, LL13 8BG. Facebook: of event name

**Menopause Café** An informal space to chat about all things menopause. Drinks and cakes available to purchase; open to all, regardless of gender or age. 6.30 - 8.30pm, 3rd Space Kitchen and Bar, 14 Clonmel St., Llandudno LL30 2LE. Call Community Wellbeing Team on 01492 577449, stayingwell@conwy.gov.uk or book free place on eventbrite.co.uk/menopause

**Mindfulness Online Practice & Retreat Information Session** This online open session is an opportunity to simply log on and connect with our Retreat Lead, Bridgette O’Neill. We will begin with a short mindfulness practice and then, if you wanted to stay on, you can find out more information about any aspects of our retreats. Via Zoom: https://zoom.us or visit: teach-mindfulness.org

**Home: An Outward Journey** (12A) Film. For her expedition London2London: Via The World, Sarah Outen travelled by bike, kayak and rowing boat across Europe and Asia, the Pacific Ocean, North America and finally the Atlantic - over 20,000 miles. Woven from hundreds of hours of footage from the expedition, Home intimately and unflinchingly captures Sarah’s journey. 7pm, Galeri, Caernarfon 01286 685222, galeriaernarfon.com

**Beicio Bangor** Meets 1st Mon/month. We campaign on cycling issues affecting Bangor and the travel-to-work area around. All welcome, 7pm, £5 per annum. Meets at Garth Community Centre, Bangor (between the pier and the swimming pool). Details: beiciobangor.org.uk

**NW Moth Group** informal meeting, 8pm, donations appreciated. Pensychnant Centre, Conwy. Julian 01492 592595, pensychnant.co.uk

2nd MONDAY - 6th FRIDAY

**Access and Public Rights of Way, Law and Management** To gain further knowledge and understanding and the skills required for their effective management. £715. Plas Tan y Bwlch, Maentwrog 01766 770274, snowdonia.gov.wales

3rd TUESDAY

**The Healing Well** The Gwynedd Healing & Peace Group offers hands-on-healing at Y Ganolfan, Pentrefelin, nr Criccieth, from 7 - 8.30pm. All welcome. Mayamara 01766 770874.

**Tech Tyfu - Vertical Farming in North Wales @ Glynllifon** Join us at the launch of our hydroponics pilot scheme in Gwynedd and Ynys Môn this month. We are looking to recruit growers to the first hydroponics scheme of its kind in North Wales. 6 - 9pm, free. Glynllifon Agricultural College, Clynog Road, Penygros LL54 5DU. Contact: luke@mentermon.com. See article page 37

**Cygnus Café in Chester** 1st Tues/month. An opportunity to join like-minded people to discuss and explore spirituality, well-being, holistic therapies, transformation, Community, ecology and much more. For those who are not familiar with Cygnus Review, it offers books, CDs, reviews, articles to uplift and inspire you on your path of self-discovery. 11am - 1pm, The Lodge Café, Grosvenor Park, Chester. Lynn Alexander 01244 951753, lynnalexander@talktalk.net

**Women’s Gathering** A monthly informal gathering; bring your knitting, sewing, art, making and doing, reading, or just come for a social time. Vegan and veggie options; hot food, hot and cold drinks, desserts and cakes. 12 - 4pm. Kyffin Cafe, Bangor. Join in the discussion on Facebook

**Laeth Mam Bangor** 1st & 3rd Tues/month. Are you breastfeeding or an expectant mum with an interest in breastfeeding when baby arrives? Free meet-up, with refreshments. Just come along! 10.30am - 12pm. Bangor Library 01248 353469.

**Knit Yourself Calm** Learn how to make lovely scarves! We provide knitting needles and acrylic yarn for free, you can buy Bamboo needles for £1 to take home. 6 - 8.30pm, Welsh Seminar Rm, Bangor Uni LL57 2DG. Facebook: of event name

**Conwy County Peace Group** 1st Tues/month. At 7.30pm in Centre for Cultural Engagement, 10 Greenfield Rd, Colwyn Bay LL29 8EL. Contact Secretary Efa Wulle: conwypeace@gmail.com or donsaundersopt@aol.com (chair)

**NW Guitar Circle** 1st Tues/month. A warm welcome to all players (and non players) of any standard - classical, flamenco, slide, blues etc - whatever your interest you will be made welcome, usually 7 - 10pm. Split Willow, Llanfairfechan. Please contact Jane 01407 831480, northwalesguitarcircle.co.uk

**Mountain** (PG) Documentary film narrated by Willem Dafoe. The film traces the early days of mountaineering, a new passion marked by humanity’s quest for the sublime, succeeded by the new craze for extreme high-altitude sports. 7 - 10pm, £5. Chester Film Society, St Mary’s Creative Space, Chester CH1 2DW, chesterfilmfans.co.uk

**Blue Stockings** Theatre. Based on the true story, in 1896, of the women who fought to gain the same qualifications as men, four defiant young women battle the cruelty of class divides. Various times/costs. Storyhouse, Chester 01244 409113, storyhouse.com

**Riverdance** Composer Bill Whelan has rerecorded his mesmerising soundtrack while producer Moya Doherty and director John McColgan have completely reimagined the ground-breaking show with innovative and spectacular lighting, projection, stage and costume designs. Filmed live at the 3Arena Dublin, the exact spot where it all began. 7pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
Supporting Digital Inclusion Together A collaborative event between Good Things Foundation and Digital Communities Wales to discuss how we can support digital inclusion together. Come along to chat to us about current opportunities and learning tools, and meet other local organisations. 10am - 1.30pm, free. Venue: Cymru, Llandudno 01492 872000, venuecymru.co.uk

4th WEDNESDAY - 8th SUNDAY

Wild Voice: Sound & Singing Retreat with Bethan Lloyd and Katya Barton. We will explore our connection to our bodies, our voices, each other, the land and beyond through sound and singing. There will be sound rituals and ceremonies and access to the outdoor hot tub next to the river that runs through the land. £520 - £410. Held at Cae Mabon, Fachwen, Llanberis. discoverwildvoice@gmail.com.

4th WEDNESDAY

St Asaph Reading Group 1st Weds/month, 7.30pm, St. Asaph Library, The Roe, 01745 582253.

Atgof Memory Arts Café 1st Weds/month, 12.30 – 2.30pm, free. A safe space to enjoy the Arts with friends and family with our Volunteer led Dementia friendly Arts Café. Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

Vintage Matine 1st Weds/month, Free. Denbigh Film Club, Theatr Twm o’r Nant, Station Square, Denbigh LL16 3DA. Contact Lilian Jones 01745 813426, denbighfilmclub.co.uk

Tree Planting - Penmachno Planting native deciduous trees at a mainly coniferous woodland. 10am. Snowdonia Society 01286 685498, mary@snowdonia-society.org.uk

SAORI Weaving Taster Session 1st Weds/month. Half an hour introduction to SAORI freestyle hand weaving, using a SAORI loom and take your weaving home. No experience is necessary and all abilities are catered for. £10 per class including materials. Please book/maximun of six. 6 Swifts Buildings, Bangor LL57 1DQ (opposite Domino’s Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk

Acceptance & Commitment Therapy (ACT2) Two afternoon workshops: one building on another, introducing us to the model and core principles of ACT and with an entry-level range of skills and techniques that could be helpful with client work. CPD certificate. Aimed at health care professionals and students in related disciplines. Conwy. Fiona Smith: ask@theconwycounsellors.co.uk

Midnight Traveller (15) Film. Afghan filmmaker Hassan Fazili flees with his family to western Europe after receiving a Taliban death sentence. 8pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

NWWT: Biosecurity Training Invasive Species awareness and biosecurity training for freshwater users. 10am- 4pm, free, donations welcome. Llyn Brenig, Conwy, LL21 9TT. Gemma Rose 07534 487704, gemma.rose@northwaleswildlifetrust.org.uk

1917 See 1st for details; except at 1pm & 8pm. Emma Abbate (piano) and Evva Mizerska (cello) play Beethoven, Brahms, Fauré & De Falla. 7.30pm, £15, Rhyll Music Club. Town Hall, Wellington Rd., Rhyll LL18 1BA. 01745 561006, chair@rhylmusic.com

5th THURSDAY

Weaving for Health & Wellbeing Evening 1st Thur/ month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, guidance given. 6.30 - 8.30pm, £25 per class plus materials. Please book/maximun of six. 6 Swifts Buildings, off High Street, Bangor LL57 1DQ (by traffic lights below the train station). 01248 345325, saorimor.co.uk

Prestatyn Reading Group 1st Thurs/month, 2pm, Prestatyn Library, King’s Ave 01745 854841.

Rhyll Library Reading Group 1st Thurs/month, 11am - 12noon. 11a Church St, Rhyll LL18 3AA, 01745 353814.

Feminist Monthly Meet Up Come along armed with opinions, curiosity and your brand of feminism as we explore a new topic each month and potentially cultivate some community action. This community is being developed and grown by Storyhouse Woman and volunteer Louise Dudley. 7.30pm, free, but booking required. Storyhouse, Chester 01244 409113, storyhouse.com

Wales National Opera Lunchtime Concert Join WNO for a relaxed, fun concert with a mixture of light arias and entertaining songs performed by 3 WNO Chorus members. You can even meet the artists at the end of the performance. 1pm, free. Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

Cwlwm Seiriol Project Co-ordinator, Delyth Phillips, brings us up to date with this well-founded Community project engaging residents of SE Anglesey with their natural environment. 2.15 -4.45pm. £2. NWWT Anglesey Group. St Cyngar’s Church Hall, Llangefni, LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

Tree Planting - Nant Gwynant Grab a spade and make a positive lasting impression on the landscape. 10am. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

Self-Care for the Self-Employed This free seminar will look at tools and strategies for managing your own stress, using proven techniques and approaches that will have a positive impact on you, your work and your business. 9 - 11am, free. Canolfan Fusnes Conwy Business Centre, Junction Way, Llandudno Junction LL31 9XX. Enterprise Hub @ M-SParc. Register eventbrite.co.uk

Llangollen Friends of the Earth 1st Thurs/month; venue varies so call or text 07534 016504, info@llangollenfoe.org.uk

Full Moon Sound Healing Meditation The frequency of 432htz is found in all of nature and is why it can have a healing effect. Singing bowls and other instruments have also been used for healing purposes, moving energy around and stabilising, cleansing; plus tea and chanting. 7.30 - 8.45pm, Oddfellows Lodge, Saltney, Chester CH4 8SG. Tickets: inspireandrewire.com

Pop Up Vinyl Record/CD Shop 1st Thurs/month. 3000+ records, 60’s, 70’s, 80’s, 90’s, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Also a hand picked selection of CD’s. 2 - 7pm. Ty Glyndwr, 1 Stryd y Castell, Caernarfon LL55 1SE. Facebook: of event name
NW Chronic Pain Support Group 1st Thurs/month. Come along and share a cuppa, 6.30pm, Mold Community Hospital. For more info contact Angie 0844 891 3737, nwcpsg@gmail.com Facebook: northwaleschronicpainsupportgroup

Gwynedd Mindfulness Society 1st Thurs/month. 7.30pm, Treborth Botanical Gardens, Bangor. Davyth Fear 01286 672882, davrhifear@googlemail.com

Welsh National Opera: Carmen Love, jealousy and revenge. Sung in French, with English and Welsh surtitles. 7.15pm, £17 - £45. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

5th THURSDAY - 7th SATURDAY

Mindfulness: A Journey into Wholeness Exploring the journey into Mindfulness; various practices offered. Plus an evening of theatrical musical selections and learn about the power of mindfulness for character development. £270 residential, £190 non-residential. Gladstone’s Library, Hawarden CH5 3DF. 01244 532350, gladstoneslibrary.org

The Kite Runner (PG) Film. A haunting tale of friendship spans cultures and continents and follows one man’s journey to confront his past and find redemption, set in Afghanistan. 2.30 & 7.30pm, £10+. Theatre Clwyd, Mold 01352 344101, theatrclywd.com

Lucy In The Sky (15) Film. A female astronaut who returns from a space mission to find that her life on Earth is too small and insignificant to handle. 8pm, £7. Theatre Clwyd, Mold 01352 344101, theatrclywd.com

Taste of Craft Today’s workshop is led by Martin Smith: Automata. Age friendly workshops 50+. These workshops offer a wide range of hands-on craft making activities with different makers, helped along with a nice cup of tea or coffee/biscuits. 1 - 3.30pm, £12.50 all materials/refreshments provided. Ruthin Craft Centre 01824 704774, ruthin.craftcentre.org.uk

5th THURSDAY - 30th APRIL, THURSDAY

Mindfulness Based Cognitive Therapy Course An 8 week mindfulness course led by Heather Bolton, Gwynedd Mindfulness and UK Network of Mindfulness Teachers. An orientation session. This particular approach is especially focussed around understanding how our thinking and relationship to our thoughts can have a huge impact on our mood and engagement with life. It introduces us to more effective ways to respond to our inner critical voice and manage life’s challenges. £210 all sessions & materials. Penrhyn Hall City of Bangor Council, Ffordd Gwynedd, Bangor LL57 1DT. Contact Heather: heatherbolton@btinternet.com ~ gwyneddmindfulness.co.uk

6th FRIDAY

Llangollen Reading Group 1st Fri/month, 7pm, Castle St, 01978 869600.

North West Writing for Wellbeing Group 1st Fri/month. A monthly writing group facilitated by experienced bibliopoetry therapy practitioners and writers for wellbeing. Each session will have a writing theme addressing Life’s Challenges, Stressors and Joys, and be supported by local writing for wellbeing practitioner, Lisa Rossetti. 12.15pm. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

Death Café 1st Fri/month. A group led discussion in a friendly atmosphere. Come along to talk about - or just listen to - conversations about death and dying. 2 - 4pm. £2 donation covers refreshment costs. St Kentigern Hospice, Upper Denbigh Rd., St. Asaph LL17 0RS. Vita Zilite: 01745 585221, vita.zilite@stnkentigernhospice.org.uk

NWWT: Ethiopia, Landscape & Wildlife Susan Andrew tells us all about her travels in Ethiopia, exploring the landscape and wildlife which inhabit it. 7 - 9pm, donations, Maes Esgob Community Centre, Dyserth, LL18 6HB. Mark Hughes 07800 771570, mjdhughes1108@gmail.com

Welsh National Opera - Morning Music Recital Coffee & cake with informal recital by Ross Ramgobin, his recital will include a selection of passionate Rachmaninoff Romances, and the heart-breaking Dichterliebe by Schumann. 11am, free. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Fire, Woodcraft & A Cuppa! 1st Fri/month. The sessions will be based around Woodland Skills, Physical activity and Nutrition, so we’ll be doing some foraging, plant identification and lots of fire cooking. The day is aimed at anyone with a mental or physical health condition. Come along for a panad and a chat in a friendly, relaxed environment. If it rains, we have shelter! 11am - 1pm. Parc y Borth Woodland, Borth y Gest, nr Porthmadog. Contact Melissa: actifwoods@smallwoods.org.uk

1st Thurs/month. The day is aimed at anyone with a mental or physical health condition. Come along for a panad and a chat about what’s happening, with experts on hand to help identify the birds and chat about wildlife. 10am - 2pm, Spinnies Aberogwen, Bangor LL57 3YH. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

The Mystery of Bird Migration Richard Holland from Bangor Uni researches the cognitive processes and sensory mechanisms by which animals navigate and migrate. He will compare across species, taxa, age-classes, spatial scale and physiology to reveal how natural selection has shaped navigation behaviour in different animal groups. A Cambrian Ornithological Society meeting. 7.30pm, £1. Pensychant Centre, Conwy. Julian 01492 592595, pensychnant.co.uk

Gong Bath Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 7pm, £10. Rhuddlan Community Centre, Parliament St, Rhuddlan, Rhyl LL18 5AW. Steph Healy 01753 418899, puresound.org.uk

Introduction to Blacksmithing Try your hand at the ancient art of blacksmithing in Gilfach Ddu’s original forge. For the complete beginner. £50/£60. National Slate Museum, Parc Padarn, Llanberis LL55 4TY. Tickets: eventbrite.co.uk. Also 20th

The Farewell (PG) Film. A young woman and her family return to China to spend time with her dying grandmother. 6.15pm, £9.50, u26s £7, Chester Society Film Members £5. Storyhouse, Chester 01244 409113, storyhouse.com

Yoga and Walking Retreat Yoga twice daily, Yoga Nidra, guided walks, veggie/vegan food. £180 - £320, £50 deposit. Middle Barn, Arthog LL39 1AZ. Tickets: eventbrite.co.uk
**A Yoga & Fitness Retreat**  Gentle yoga, stretching, health and wellbeing talk, Dynamic Yoga flow, Yin Yoga. Massages are offered throughout the day - booking in advanced needed. £320 - £340, £50 deposit. Led by Source Yoga, Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

**6th FRIDAY - 9th MONDAY**

**Yoga & Detox Weekend** Led by Claire Riley. Includes: Detoxing dynamic, flowing yoga sessions with calming meditations. Pampering massage treatments from our in house therapists. Healthy, detoxing, delicious meals. £615 - £460. Plas Cadnant, Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk

**6th FRIDAY - 15th SUNDAY**

**Chester International Film Festival** A global selection of recent films that share stories and experiences from an array of countries. £9.50, £8.50; u26 £7, £6. Chester Film Society Members £5. Held at/ programme from Storyhouse, Chester 01244 409113, storyhouse.com

**7th SATURDAY**

**Diwrnod Rhynghwladol y Merched / International Women’s Day** A presentation by Prof. Angela V John from Swansea Uni. 5.30pm, The Council Chamber, Main Arts Building, Bangor Uni. Contact: 01248 382233, a.thorstad@bangor.ac.uk

**Snowdon Sunset Experience** This is a relaxed and friendly hike suitable for everyone. The walk takes approximately 7 hours to complete, with a total distance of just under 10 miles and 970 metres of ascent. £35. Llanberis Path; with Discovering Snowdonia. Tickets: eventbrite.co.uk

**Meet the Maker: Martin Smith** Gallery walk and talk with Martin introducing his Automata. 11am, free, please book a place. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Family Dance Project** Run by Emma-Jane Sutcliffe and Transitions Edge Dance Company, creative dance is used to engage with one another in a fun and supportive environment. Dads, Mums, Aunties, Uncles, Grandparents, nieces, nephews and siblings… all welcome. 1.30pm. Register: youngcreatives@venuecymru.co.uk Held at/ programme from Storyhouse, Chester 01244 409113, storyhouse.com

**7th SATURDAY & 8th SUNDAY**

**Exploring the Dru Vitality Sequence - Moving into Spring** 2 - 5pm, £25, £10 deposit for booking. North Hall, Canolfan Y Fron, Upper Llandwrog LL54 7BB. To book contact Cat: cat@trudruyoga.co.uk

**Volunteer Day with Grwp Coedwig Cymunedol Llyn Parc Mawr Community Woodland Group.** Our monthly volunteer day. Meet new friends and learn new woodland skills. Refreshments provided, but bring a packed lunch! Children welcome. Meet at 10.15 - 10.30am until 2pm. by the container at Llyn Parc Mawr Community Woodland. Llanfairpwll, Anglesey. Facebook: by same name Also 12th

**What To Do In Your Garden - March** Half a day each month from March to September when professional gardening tutor Jenny Pritchard will look at the month ahead and what needs doing to grow vegetables and soft fruit. We will look at garden design, soil preparation, sowing, growing, harvesting, composting, pest control and more. 10am - 12pm, all materials, tools provided. £15pp; £20 couple/family. Woodland Skills Centre, Bodfari, Denbighshire. 01745 710626, woodlandskillscentre.uk

**North Wales Print Fair** Printmakers from across the UK will present work for sale in the beautiful Edwardian spaces of Llandudno’s MOSTYN Gallery. The fair is a fantastic opportunity for shoppers to buy affordable and original art direct from the artist. There will be print workshops, demonstrations, a pre-loved art book sale and chances to win some fabulous print-related prizes. 10.30am - 5pm, free admission. MOSTYN Gallery, Llandudno , mostyn.org/ print See Noticeboard

**Upholstery Workshop** This workshop will take you through the entire upholstery process from furniture stripping, through re-strappping/webbing & springing, re-upholstery and finishing techniques. Beginners and more experienced welcome. 10am - 5pm, £65 all inclusive. Stiwdio 9, Bangor LL57 1NW. Phia 07391 930719, phiaeco@gmail.com

**Les Vepres Siciliennes - Welsh National Opera** Music by Verdi. Hélène seeks justice for her murdered brother, as revenge and revolution set the scene. 6.30pm, £45 - £17. Sung in French, with English and Welsh surtitles. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

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**Growing Fruit** Learn how to propagate, prune and protect from disease as you get started with growing your own fruit trees. This course is run at CAT by Aberystwyth University. Please book the course through Aberystwyth University on 01970 621 580 before booking accommodation at CAT. £60 course, £70 with accom. Held at CAT, Machynlleth 01654 704966, cat.org.uk

**Metamorphosis: Adult Textile Workshop** with textile artist Stuart Kelly. Contemporary transitions through drawing, collage and stitch. During this masterclass workshop, you will explore the possibilities of combining drawing, colour and mixed media, paper as fabric, and stitched textile techniques. This will be an experimental workshop, focusing on exploration, and the process of discovery through making. 10.30am - 4pm. £65 per day includes light lunch, booking essential. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
Reiki, 1st Degree Course Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing. She offers continuous on-going support to all of her students. £150 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, nr Bangor. Viv 01248 601388, 07771 280 824, vivrei@hotmail.com

Little Women (U) Film based on Louisa May Alcott’s book about 4 young women living in the aftermath of the American civil war. 10.30am, £4. Storyhouse, Chester 01244 409113, storyhouse.com

International Women’s Day: Forging the Future Network She invite you to come together on International Women’s Day for an afternoon of celebration, as we recognise those who have gone before us, laying the foundations and forging the future for the women in business today as well as those who are the bright businesses of the future. We are bringing the generations together to enjoy the company of one another, share the stories of the past and the hopes and ideas for the future. Calling all Mums, Daughters, Granddaughters, Sisters, Aunties and Nieces come and spend a wonderful afternoon together, with afternoon tea. 2 - 5pm, £14.95 - £19.95. Quay Hotel, Deganwy Quay, Conwy LL31 9DJ. Contact NetworkShe 07876 262126, networkshe.co.uk

International Women’s Day: Golwg - Sgwrs Fotograffiaeth/Photography Talk To celebrate International Women’s Day we have invited 5 female photographers to discuss and introduce their work and to participate in a special question and answer session. Simultaneous translation service will be provided. Refreshments will be provided; 2 - 4.30pm, £7/E5, 12yrs+. The confirmed artists include: Kristina Banholzer, Marian Delyth and Claire Marie Bailey. Translation service provided. 2 - 4.30pm, £7, £5 concs. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Sprouting, Fermented Foods & Drinks Showing participants how to make their own delicious fermented vegan foods and drinks, plus how to sprout seeds, legumes and beans. 1 - 4pm, £20 includes a kombucha starter scoby and liquid with complete instructions. with Sam East. Book with and held at The Eating Gorilla, Penhyndudraeth LL48 6BH. 01766 770292, eatinggorilla.co.uk

Tempera Painting and Building See 1st

Porthmadog Quakers 2nd & 4th Sun/month. You don’t have to believe anything, nor say anything nor do anything – just sit quietly for an hour (or less if you wish) and meditate on what is most important to you. You may find the silence helps you to relax from the stress of a busy life or it may raise questions for you to ponder. 10.30am, Community Centre, by the Harbour, LL49 9LU. Contact 01766 530657 or 01766 770034.

The Bangor Forest Garden 2nd Sun/month. An opportunity to learn new skills, make new friends whilst contributing to maintaining and developing the Garden! Session starts at 11.30am - 4pm. Wear outdoor suitable clothing and bring some lunch; tea and coffee provided. If you need a lift ask us about car sharing. More details from Facebook: bangorforestgarden or thebf.org.uk bangorforestgarden@gmail.com

Outdoor Learning Network Group Meets 4pm, Treborth Botanic Gardens. More info: education@naturalresourceswales.gov.uk ~ outdoorlearningwales.org

Holyhead Quakers 2nd & 4th Sun/month, 10.30 - 11.30am at the Ucheldre Centre, Mill Bank, Holyhead, LL65 1TE. Visit: northwalesquakers.org

Bhakti Yoga with Sakhyarasas Prema Dasa Workshop “You are what you hear”. Presenting a variety of songs, bhajans and mantra chants. Some verses from Vedanta Sutra will be discussed to enhance our understanding of Vedic wisdom. Henna art for those who want a design. 2 - 3pm, free, donations welcome. Yoga Shala NW, Fondella Building, Rhuddlan LL18. 07305 021383, yogashalanorthwales.co.uk

Riverdance See 3rd

9th MONDAY

Full Moon in Pisces 5:47pm GMT

International Women’s Day Meet-Up Coffee and cake provided by Abergweli WI. Come along to celebrate “IWD: An Equal World is An Enabled World”. North Wales Women’s Centre, 46 - 54 Water St., Rhyl LL18 1SS. 01745 339331, northwaleswomenscentre.com
Seriously Books 2nd Mon/month. Want somewhere to discuss literary classics: past, present and future? Here you'll find a warm welcome and intelligent discussion that ranges from the light-hearted to the challenging. Books selected by vote and alternate between contemporary and classic fiction. Gladstone’s Library, Hawarden. Contact Louisa Yates louisa.yates@gladlib.org

Feminista Film Festival : UK Tour Celebrate International Women’s Day by watching a premium selection of short films telling the most inspiring stories about women and girls from around the world. The programme includes 8 festival favourites - films from Wales to Pakistan, from swimmers to pizza makers. 7pm, Galeri, Caernarfon 01286 685222, galericaernarfon.com

National Parks in the 2020s Nature, landscape and opportunities for all? Presented by John Harold conservationist and director of Snowdonia Society. 7.45pm, free. Plas Y Brenin, Capel Curig LL24 0ET. 01690 720214, pyb.co.uk

Flintshire Versus Arthritis Support Group Meets 2nd Mon/month. Helping people living with Chronic Pain and Fatigue. 10am - 12noon. Light refreshments available. Quay Health Centre, Fron Rd., Connah’s Quay, Deeside CH5 4PJ. Plenty of free parking. For more info 0300 790 0400, flintshireversarthritis@gmail.com

Prestatyn Reading Group 2nd Mon/month, 6pm, Prestatyn Library, King’s Ave 01745 854841.

Germination of Difficult Plant Species Plant Conservationist and expert Horticulturist Robbie Blackhall-Miles will lead this workshop - looking at how we can take cues from the botany and ecology of plants when it comes to trying to understand the germination of difficult species. 10am - 2pm. Treborth Gardens, Bangor. Bookings: treborth@bangor.ac.uk

9th MONDAY - 13th FRIDAY

Writer’s Retreat Take part in workshops run by professionals in creative writing to help start your writing journey or nudge you further with the story you have already started. Plenty of time to relax and wander around in nature. All inclusive. £480. Betws y Coed. Contact: info@writersretreat.wales Also 30th March - 2nd April.

Energy Provision: Including renewable energy A detailed look at powering up clean energy supplies with wind, water and solar. £750, £700 concs. Held at CAT, Machynlleth 01654 704966, cat.org.uk

Energy Generation from Wind Join students from CAT’s Masters degree in Sustainability in Energy Provision and Demand Management for an intensive study week exploring all the key aspects of generating electricity from wind. £750, £700 concs. Held at CAT, Machynlleth 01654 704966, cat.org.uk

9th MONDAY - 14TH SATURDAY

Celebrating Arts in Health & Wellbeing North Wales ‘The Craft of Wellbeing’ With our WOW!+ exhibition as a backdrop (see Exhibitions), The Craft of Wellbeing is a series of workshops and events designed to explore the concept and practice of Arts on Prescription and how participating in the Arts can improve wellbeing and social inclusion. Includes art workshop, dance, art for those with Dementia, dance for those with Parkinson’s, plus family workshops. There will also be mindfulness workshops exploring the link to craft and art; conversation with the Centre’s curator. Includes Developing Standards of Good Practice for Arts in Health on 11th Wednesday 12 - 3pm, for art organisations; and a professional event for Community Support workers, GPs, to find out about the Arts in Health on 10th Tuesday 12:30pm. All free! You can download the full programme from ruthincraftcentre.org. Most events held at Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk. See back cover

10th TUESDAY

Celebrate the Celtic Festivals and Earth’s Cycles through Circle Dance! We dance on the 1st & 3rd Tues/month, 10.30am - 12noon - to a wide variety of World music. No partner required, and new members welcome. The Old School Hub, Llanrwst, Dyffryn Conwy. Maia 01492 642123.

Woodland Management Natural woodland regeneration is the aim here as well as management of the footpath that makes up a section of the Wales Coastal Path that runs through the woodland. Nantporth, Bangor. 10am. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

Clay Workshop For all levels, with ceramicist Jane Williams. Experiment with the process of surface pattern and techniques of hand building. 6.30 - 8.30pm, £25, 16+. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Wildlife Photography Workshop Learn some tricks and tips for photographing wildlife from the RSPB. 7.30 - 9pm, free. Rhes y Cae, Flintshire CH8 8JH. Organised by Flintshire Countryside Service. Tickets through eventbrite.co.uk

Gong Bath Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

Monos (15) Film from Colombia; story of teenage guerillas descending into anarchy. 6.15pm, £9.50, Storyhouse, Chester 01244 409113, storyhouse.com

Bangor Lodge Theosophical Society Presents “Continuity of Life!” a DVD on Edgar Cayce, the Sleeping Prophet. 7.30pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

NW Astronomy Society 2nd Tues/month. Meet for observing sessions. Llanelian Community Centre, Llanelian yn Rhos, Colwyn Bay LL28 8YA. Facebook: same of name, northwalesastro.co.uk

NWWT: Kingfishers Professional photographer Andy Davies provides an insight into kingfishers through his photography, keen eye and fascination with this amazing species. 7 - 9pm, £2, Gresford Memorial Hall, High Street, Gresford, LL12 8PS. Dan Rose 07977 962251, nwwtrexham@gmail.com

Llandudno & District Writers Group Meets 2nd Weds/month. We have a mix of visiting Speakers and Group led meetings. The meetings are interactive, with members taking part in response to the person leading the Group. 2 - 4pm, meets at Llandudno Library, Mostyn St. llhandudno.writers@aol.co.uk
Circle Dance 2nd Weds/month. A relaxing afternoon with a friendly welcoming group. No experience or partner needed. 2 - 4pm, Old Colwyn Methodist Church Hall. Phone Janice 01492 545587, Susan 01352 219464.

Tree Planting - Llanrwst Grab a spade and plant a tree! 10am. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

And Then We Danced (15) Film from Georgia/Sweden. The subject of anti-LGBT protests when it was released in Georgia in 2019, the film juxtaposes the conservative worldview of both Georgian and Georgian dance, with the freedom of self-discovery. 6.15pm, £9.50. Storyhouse, Chester 01244 409113, storyhouse.com

Cold War (12A) Film. Set in the ruins of post-war Europe, the story concerns a musical director who discovers a young singer and helps her refine her talent. 7.30pm, The Mill Bistro, Seiont, Caernarfon. 01286 676549, occasionalcinema.org

Women’s Book Club Monthly group. This is an all-inclusive group for anyone looking for some interesting discussions and who would like to make a change – one book at a time! 18+. Tonight’s discussion: Home Fire by Kamilia Shamsie. 7pm, Storyhouse, Chester 01244 409113, storyhouse.com

Women Don’t Need to Find a Voice! Do you have a story to share? NetworkShe will be working closely with Dani Wallace from the IATQB Hive to coach 20 women to deliver their story or message in a 20 minute presentation to be delivered at venues across the country. 6 - 8pm, £10, £15. The Alchemist, 10 St John St., Chester. Contact 07876 262126, networkshe.co.uk

Everything (15) Documentary about ‘Liverpoollian’ - first all-black soul and funk band to top the charts in the 1970s. 8pm, £7. Theatr Clwyd, Mold 01352 344101, theatrcclwyd.com

Gong Bath See 10th for details. 8pm, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

NWWT: Biosecurity Training Invasive Species awareness and biosecurity training for freshwater users. 10am - 4pm, Wepr Park, Ewloe, Flintshire, CH5 4HW. Gemma Rose 07534 487704, gemma.rose@northwales.wildlifetrust.org.uk

Ruthin Reading Group 2nd Weds/month, 7.30pm, Ruthin Library, 01824 705274.

Friends of the Earth Conwy Usually meets 2nd Weds/month. We welcome new members to help with our campaigns, currently focusing on reducing plastic use locally and raising awareness of climate change issues. In the rear room of the Albion Ale House, Upper Gate Street, Conwy LL32 8RF, but check before travelling. Contact Kay 07918 663640, foeconwy@gmail.com

12th THURSDAY

Network Mum A meeting for those women juggling a business - whether home-based or otherwise - and young children. 9.30am - 12pm. Infunity, 1, Bromfield Lane Industrial Estate, Queen’s Lane, Mold CH7 1XB. NetworkShe 07876 262126, networkshe.co.uk

N.E.W. Wellbeing Network Event 9.30am - 12.30pm. Flintshire Local Voluntary Council. flvc.org.uk

Olwyn Lliw ~ Colour Wheel This week is Photomontage & Collage. Artist and tutor Jwls Williams will be leading and supporting the monthly sessions. These sessions are ideal for beginners and creatives who wish to gain new skills and experiment with new materials and techniques. 10.30am - 12.30pm, £10, 16+. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Volunteer Day with Grwp Coedwig Cymunedol Llyn Parc Mawr Community Woodland Group. See 7th.

Plan Your Growing and Crop Rotation First of seven individual sessions on seven separate topics. 6 - 8.30pm, £25. Pentwrff, Pandy Farm, Tregarth. More from Blodeuwedd Botanics 07799 224636, blodeuwedd.b@gmail.com or our Facebook page - Blodeuwedd Botanics Next dates: 02/04, 23/04, 30/04, 07/05, 28/05, 11/06

The Key to Theosophy A talk by Eric McGough. This is a study meeting for members of the T.S. only. The Key to Theosophy was written by H.P. Blavatsky in question and answer form, a year after the ‘Secret Doctrine’ was published. Eric McGough is Author and Director of the Diploma in Theosophy. 2pm. Free refreshments, book and CD sale. TS Members £3. Study meetings of the Colwyn Bay Lodge of the Theosophical Society are held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. LL28 4SE. Julie 01248 431237, theosophywaless@yahoo.co.uk

The Whistlers (15) Film from Romania. A corrupt Bucharest cop learns ‘silbo whistling’ – the art of communicating in a whistled version of Spanish. The mobsters use it as a code that the police can’t crack. 6.15pm, £9.50. Storyhouse, Chester 01244 409113, storyhouse.com

13th FRIDAY

Streic Hinsawdd Bangor Climate Strike A march in Bangor - come along! 12pm - 3pm.

One World Gala This annual event brings together people from the University, the local Community and our international students from around the world to put together a colourful performance filled with cultural diversity. Free, donations welcome towards a charity (to be confirmed) will be collected on the night. 7 - 11.30pm. Prichard Jones Hall, Bangor Uni, LL57 2AP, 01248 382882.

Business Support Expo Are you starting a Business but don’t know where to start? As part of International Women’s Day, NetworkShe will be hosting an exhibition, complimented by a session of workshops covering the business, personal and professional support you need as a woman in business, delivered by those who have been there. 10am - 3pm, free. The White House, Holywell Rd., Rhuallt, St Asaph LL17 0AW. NetworkShe 07876 262126, networkshe.co.uk

Home (15) Film. Between 2011 and 2015 adventurer, Sarah Outen, crossed the globe from London to London travelling by bike, kayak and rowing boat. Home tells the story of this incredible journey in intimate and unflinching detail. 7 for 7.30pm. New Dot Cinema, Llangollen Town Hall LL20 8NU. Visit: newdotcinema.org

1917 See 1st, except 1pm (relaxed screening); and 5.30pm.
All About Owls Kaya Parsons-Davies presents a talk about these beautiful birds of prey and her recent experiences of working with them at a local rescue centre. 2 - 4pm, £2. St David’s Church Hall, Llandudno, LL30 3NT. John Underwood 07783 773225, john.underwood100@gmail.com

Men Who Swim (PG) Film. A humorous and poignant look at a group of middle aged men who have found unlikely success as members of Sweden’s all male synchronised swimming team. 7 for 7.30pm start. £4. Denbigh Film Club, Theatr Twm o’r Nant, Denbigh LL16 3DA. Lilian Jones 01745 8134 26, denbighfilmclub.co.uk

Nursery Work - Beddgelert Last year, Snowdonia Society volunteers contributed to the collecting of tree seeds. Come and see how those seeds have got on since then and help with any jobs that need doing. 10am. Snowdonia Society 01286 685498, mary@snowdonia-society.org.uk

Permission (12A) Film from Iran based on the true story of an Iranian female football player who is prevented from travelling in order to play. 6.15pm, £9.50. Storyhouse, Chester 01244 409113, storyhouse.com

Military Wives This film is inspired by the original group of women who were brought together to form a choir, and who quickly become a media sensation. This is a relaxed screening, 1pm, £3.50, £2.50 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Life as an Attorney General of British Antarctica Mr James Maitland Wood QC is Attorney General for the British Antarctic Territory and General Counsel for the British Indian Ocean Territory, appointed in August 2014. 4 - 6pm, Mathias Hall, Music Building, Bangor University, LL57 2DG. Enquiries: c.hodgetts@bangor.ac.uk

13th FRIDAY - 15th SUNDAY

Yoga & Detox Weekend with Kate Hamilton-Hunter. See 6th & 9th for weekend details. £570 - £405. Plas Cadnant, Menai Bridge, Ynys Mon LL59 5NH. Laura Bell 07989 512859, the zest life.co.uk

Sage Holistics - Shamanic Healing Retreat Daily meditations, Yoga, Healing circles, Angelic and Shamanic Reiki, Cacao ceremonies, Breath work. 6.30 - 9.30pm. Ty Mam Mawr, Cynwyd, Corwen LL21 0LN. Bookings: sageholistics.co.uk or Facebook.

Tales of the Mabinogion They are action-packed stories of Celtic gods and heroes with many of the named locations in some of these tales occurring in and around central and northern Gwynedd. During the weekend, we will explore the background to the tales and visit the sites. £219 - £239. Plas Tan y Bwlch, Maentwrog 01766 770274, snowdonia.gov.wales

Pressing Pause Weekend This retreat is specially designed for people who experience chronic or regular bursts of anxiety or something similar whether generally worrisome mind or experience elements of an overactive mind. £325, Trigonos, Nantlle, LL54 6BW, 01286 882388, trigonos.org

Yoga & Walking Retreat Yoga Nidra, hot tub, Shamanic Drum Circle, nutritious food, chakra balancing, forest meditation. Held in Beddgelert. Bookings: LC Yoga(Facebook) or icyoga.co.uk

Creative Landscape Photography We will be visiting industrial ruins, waterfalls, ancient woodlands, rivers, valleys or seacoast – weather permitting. This course is suitable for all abilities. £234 - £254, Plas Tan y Bwlch, Maentwrog 01766 770274, snowdonia.gov.wales

Spring Painting Experience! A painting workshop which will enable you to relax and enjoy a few days exploring a variety of subjects and painting media. £429 - £469. Plas Tan y Bwlch, Maentwrog 01766 770274, snowdonia.gov.wales

14th SATURDAY

The Mountain Environment Looking at the nature of a mountain environment, identification of flowers, special features and characteristics of the natural world; also history of the landscape and timescale. £45. Jim Langley, leader. Siabod Café, Capel Curig, Betws y Coed LL24 0EL. Nature’s Work. Tickets: eventbrite.co.uk

Voice Workshops with Marian Bryfdir. Marian creates a friendly, safe and relaxed atmosphere for you to learn more about your singing voice. Join with a small group of others on the same journey. Booking essential. 10am - 1pm, £12, £10 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Met Opera Live: Wagner’s Der Fliegende Holländer Broadcast live screening. Sir Bryn Terfel CBE sings. Inspired by the legend of the Flying Dutchman, the Captain of a ghostly ship who has been condemned to sail the seas for eternity, is offered a chance of redemption by true love. 4.55pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also £14, £10 concs., Galeri, Caernarfon 01286 685222, galericaernarfon.com

Willow Weaving with Jo Porter. Make a woven willow plant holder, bird feeder, or garlic holder using simple basket techniques. 9.30am - 1.30ish, £25 per person, advance booking required at XR Community Shop, 79 High Street, Pwllheli (opposite Gwalia). Julia 07515 659884. Facebook - Gweithdy Gwehyddu Helyg -Willow Weaving with Jo Porter

100% Humidity in The Jungle Adventure Sports Coach Dave James shares a talk about his experiences of kayaking a selection of world-class rivers of Meghalaya in NE India. 7.45pm, free. Plas Y Brenin, Capel Curig LL24 0ET. 01690 720214, pyb.co.uk

The Peace of Acceptance Real acceptance is a mind that has given up the idea that things should be other than what they are. It doesn’t mean that we don’t try to improve external conditions where needed, but that we stop the unrealistic, pointless and disturbing expectation that things and people should be different, with Gen Kelsang Leksang. The course will include guided meditations and refreshments. All welcome. 10.30am - 1pm, £15, (£19 with lunch). Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno LL30 1YR. 01492 878778, meditatenorthwales.com

Portfolio: Life Drawing with Jonathan Brier Learn how to paint a life model using oil paints. Art masterclass for 14 - 18 year olds. 11am - 4pm, £10. Please bring packed lunch. Mostyn Gallery, Llandudno LL30 1AB, 01492 879201, mostyn.org
Discover Shamanism The day is experiential, and covers the basics of shamanic practice. Participants are shown simple yet profound techniques to enter shamanic reality to reconnect to their own spirituality. No prior experience is necessary. The day includes: the history of shamanism, key concepts, how to enter a shamanic journey, powerful animal retrieval journey and healing for others. 10am - 4.30pm, £45, £20 deposit, Lludhdno. Marie 09710 410059, marieilouiseedwards@hotmail.com

Call Mr Robeson A rollercoaster journey through the remarkable life of African-American actor & singer Paul Robeson, highlighting his pioneering, heroic, political activism. Features Ol’ Man River and other famous songs and much fiery oratory. 7.30pm, £10, £6 u18s. A Race Council Cymru Project /Arts Council. Theatr y Ddraig, Barmouth LL42 1EF. 01341 281697, dragontheatre.co.uk

Yesterday (12A) Film. A struggling musician realizes he’s the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed. 7 for 7.30pm start, £4. Hot drinks available. Halkyn Mountain Community Cinema, Halkyn Parish Hall. Tickets from the Blue Bell Inn or via mountaincinema.org.uk

Reiki, 2nd Degree Course As we deepen our commitment to Reiki with self treatments and treating our family and friends, we may feel ready to move on to the next level. Learn to use symbols with Reiki, and to send Reiki distantly. A weekend of peace and healing. £300 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, nr Bangor. Contact Viv 01248 601388, 07771 280 824, vivreiki@hotmail.com

14th SATURDAY & 15th SUNDAY

Llangollen Quaker Meeting 3rd Sun/month, 10am, Memorial Hall, Market St., Llangollen. Maria Haines 01978 860349, northwalesquakers.org

Bangor Quakers Meet 3rd Sun/month, 10.20am - 11.30am. Meeting House, Dean St., Bangor LL57 1UR. Contact: enquiries@bangorquakers.org.uk ~ northwalesquakers.org

Estyneto Join us for regular dance/movement sessions aimed specifically for those over the age of 60. The sessions are led by inspirational dancers/ choreographers (Cai Toms & Angharad Price Jones) and open to anyone who has the desire to stay active, fit and healthy. No previous experience or dance skills required. 1.30pm, £4. Galeri, Caernarfon 01286 685222, galericaernarfon.com Also 15th

Tempura Painting and Guiding See 1st

DeStress Morning with Shaktidance & Calm Jar Making A relaxing Shaktidance session where we will be focusing at grounding and centering ourselves through yoga movements, breathing, meditation and deep relaxation. Followed with Vision Board making by Julie from The Amethyst Soul. The use of calm jars is an effective way to calm our minds and settle the turbulence of emotions by bringing our focus outside of ourselves. 10am - 4pm, £45. Hawarden Wellness Centre, 10 The Highway, Hawarden CH5 3DH. Contact Maria: mrsmariaisutton@gmail.com or Facebook of event name

Song of the Silver Birch Workshop Join us where we’ll learn the ancient art of tapping trees, with folklore around the fire by local storyteller Eric Maddern. 2 - 4.30pm, £10, free for Snowdonia Society members. Cae Mabon, Fachwen, nr Llanberis. Bookings: claire@snowdonia-society.org.uk

Dru Yoga & Gong Bath Spring Workshop A morning of Dru Yoga followed by a Gong Bath. 10.30am - 12.30pm, £20. Gwernymynydd Village Hall, Mold CH7 4AF. Please contact Jill 07449 631836 jill.blandford@yahoo.co.uk

Helfa Golf Spring Show - New Beginnings Launch All welcome to come to the launch of a variety of makers and medium 2.30 - 4.30pm. Oriel Ty Meryion, Y Brief Heol, Dyffryn Ardudwy LL44 2DH. tymerion.co.uk

Water Colour Landscapes This course will use the beautiful landscape that surrounds the Woodland Skills Centre along the Clwydian hills and an area of outstanding natural beauty as the inspiration for water colour paintings. 10am - 4pm, £70. Woodland Skills Centre, Bodfari, Denbighshire. 01745 710626, woodlandskillscentre.uk

Glaciation in the Upland Environment An introduction to the glaciation of North Wales; identifying special features, erosion, transportation and deposition. 10am start, £45. Snowdonia, with Nature’s Work. Tickets: eventbrite.co.uk

Animation Festival This is an international competition from both amateur and professional animators to showcase their work. We will present the final selection back to back in one showing. The audience will then decide who will win the Audience Prize for 2020. 1.30pm, £8.50. Storyhouse, Chester 01244 409113, storyhouse.com

Military Wives See 13th

16th MONDAY

Chester Amnesty International 3rd Mon/month. We are ordinary people standing up for humanity, human rights and justice. Meets at 7.45pm, Chester. Contact Mike Johnson: mikej5@hotmail.com ~ amnesty.org.uk/chester

Bangor Cellar Writing Group 3rd Mon/month. Meetings allow writers of prose and poetry to share their work by reading out their manuscripts. We also have a programme of writing challenges and workshops. All abilities are welcome from beginner to more experienced writers. The aim is to encourage people in their writing and able to meet with others who share their interest. 7 - 9.15pm, 1815 Café, Bangor. Mary Ward - merielward75@gmail.com

Shakti Flowing Asanas We will begin with a mantra followed by Shakti flowing asanas, relaxation and closing mantra. All welcome. 6.15 - 7.15pm, Hawarden Wellness Centre, Hawarden CH5 3DH. Contact Maria mrsmariaisutton@gmail.com or Facebook of event name

People’s Choice Singing Group Monthly meeting. You don’t need to be good at singing, just want to have fun and meet new people. Especially for people with learning disabilities/autism but open to the whole community. Run by Ella Speirs of Natural Voice Network. 16+, 6.30pm, free. Storyhouse, Chester 01244 409113, storyhouse.com

15th SUNDAY
**Tales From The Trials** Plas Y Brenin instructor James Bruton presents a talk about his mountain bike obsession and where it’s taken him around the world. 7.45pm, free. Plas Y Brenin, Capel Curig LL24 0ET. 01690 720214, pyb.co.uk

**An Englishman in Patagonia** A presentation with John Pilkington, with The Society of 13. 7.30pm, Grosvenor Museum, Chester. Contact: societyofthe13th.org.uk

**Gong Bath** See 10th for details. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. (opp Waitrose). Steph Healy 07534 118899, puresound.org.uk

**Prestatyn Reading Group** 3rd Tues/month, 2pm, Prestatyn Library, King’s Ave., 01745 854841.

**16th Monday - 20th Friday**

**Restoration Ecology** An exploration of the theories and ideas behind ecological restoration. Join students from CAT’s Sustainability and Ecology MSc for a week long look at restoration ecology, exploring theories and methods and evaluating real-world projects. £750, £700 concs. Held at CAT, Machynlleth 01654 704966, cat.org.uk

**16th Monday - 21st Saturday**

**Spring Retreat: Tips from a Literary Agent** Our fully catered retreats will provide you with the time and space to write, read and relax. Editor and Publisher Caroline Oakley will pay a visit and offer advice to the group on professional development, how to get published, tips of the trade, and more. Caroline will also be available for a short one-to-one tutorial with each writer to discuss your work and your journey as a writer. £450. Ty Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW. 01766 522881, tynewydd.wales

**17th Tuesday**

**North West Writing for Wellbeing Group** 3rd Tues/month. A writing group facilitated by experienced bibliopoetry therapy practitioners and writers for wellbeing. Each session will have a writing theme addressing Life’s Challenges, Stressors and Joys, and be supported by local writing for wellbeing practitioner, Lisa Rossetti. 12.15pm. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

**Virtual Dementia Experience** Are you an unpaid carer, a loved one or a friend of someone living with dementia? If so, we would like to hear from you. Come along to our demonstration session 9.30am -12pm; 12.15 - 2.45pm, 3 - 5.30pm or 5.30 - 8pm. Free, but booking essential. Conwy Business Centre, Junction Way, Llandudno Junction LL31 9XX. If you need someone to look after the one you care for - give us a ring for possible available support. 01492 577449, stayingwell@conwy.gov.uk

**Kin** Dance that connects us; bringing people, friends, families, clubs, communities together using poetry, sport and politics across three powerful pieces of dance. 12.45pm, £14, £12 concs., 12+. Pontio, Bangor 01248 382828, pontio.co.uk

**The Healing Well** The Gwynedd Healing & Peace Group offers hands-on-healing at Y Ganolfan, Pentrefelin, nr Criccieth, from 7 - 8.30pm. All welcome. Mayamara 01766 770874.

**Lunchtime Lecture: Detours and Dislocations - in the footsteps of Malcolm Lowry** This lecture features recent work made in response to the life and writing of the author of Under the Volcano (1947) – Malcolm Lowry - who was born in New Brighton in 1909. 12pm, free, booking advised. Storyhouse, Chester 01244 409113, storyhouse.com

**Llaeth Mam Bangor** 1st & 3rd Tues/month. Are you breastfeeding or an expectant mum with an interest in breastfeeding when baby arrives? Free meet-up, with refreshments. Just come along! 10.30am - 12pm. Bangor Library 01248 353469.

**ROH Opera Live: Beethoven’s Fidelio** Broadcast live screening. An uplifting story of risk and triumph. The story brings together the dark reality of the French Revolutionary 'Terror' and our own time to illuminate Fidelio’s inspiring message of shared humanity. 7.15pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org ALSO Storyhouse, Chester 01244 409113, storyhouse.com

**Aida** with The Russian State Opera. A love story between Aida and the Egyptian General, Radames. 7.30pm, £36.50 - £26.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

**NW International Development Summit / Uwchgwynhadledd Daithlygwrladol Gogledd Cymru** Bringing together people involved in international projects from across North Wales and beyond: from small community groups, health links, Fairtrade groups, and academics, to Wales based branches of international NGOs. The event aims to raise the profile of the sector in North Wales and support the already active development community to connect. Using the theme of the Future Generations Act, we will share experience, develop our understanding and come up with practical actions that we can all take to increase Sustainability in our practice and projects. The day is being organised by Hub Cymru Africa, the Sustainability Lab at Bangor University RCE Cymru and the North Wales Africa Society. Sophie Howe, the Future Generations Commissioner will give the keynote address to frame our thinking. 6 workshops throughout the day. 10am - 4.30pm. Free. There are opportunities for networking during the lunch break and throughout the day. Held at Reichel Hall, Bangor LL57 2TW. Please email us at advice@hubcymruafrica if you have questions, or would like to have a stall at the event.

**Only Boys Aloud** Supporting youth choirs as part of the club’s “INSPIRE” youth music project. In closing the season with a rousing finale they will be joined by the enthusiastic young singers of Côr Cytgan Clwyd, prize winning tenor Rhys Meilyr, soprano Eirwen Roberts and cornettist Taya Castely. 7.30 - 9.30pm, £10. Rhyl Music Club. Rhyl Town Hall, Wellington Rd., Rhyl LL18 1BA. 01745 561006, chair@rhylmusic.com
**Thrift & Thread** 3rd Weds/month. Bring your clothes for mending and alterations; sewing kit, items from your repair pile; letting your clothes read the story of you and letting go of perfect as beautiful. 12 - 4pm, Black Cat Café, Parc Glynllifon, nr Caernarfon. Facebook: of event name

**The Cottage Garden Society** Today’s talk is presented by Alan Evans - “Sweet Peas”. 7.15 for 7.30pm start. Eirianfa Community Centre, Denbigh LL16 3TS. Trish Morris 01745 550121, thecottagedgardensoociety.org.uk

**Tree Planting - Llan Ffestiniog** 10am. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

**Chester Humanists** 3rd Weds/month. We seek to make the best use of the one life we have by creating meaning and purpose for ourselves, using reason, experience and shared human values. Meet at 7 - 9.30pm, Industry, 1 Overleigh Rd., Handbridge, Chester CH4 7HL. Secretary: chester@humanistgroups.org.uk

**Habitat Management** Join the Our Back Yard volunteers to help manage the habitat and protect the local wildlife. Let us know if you haven’t been before. 10.30am - 2.30pm. Refreshments provided. Our Back Yard, Broadwood Oaks, Con nond’s Quay. 01978 757524, ourbackyard@groundworknorthwales.org.uk

**Edgelarks Folk Music** with Phillip Henry and Hannah Martin. Innovative acoustic folk duo. 7.30pm, £10, £8 concs., adv; £11, £9 concs on door. Dinorben Arms Hotel Dinorben Square, Amlwch, Ynys Mon LL68 9AL. Tickets: tocyn.cymru

**Chwarae Theatre.** One morning, in that time between waking and the start of the day a young boy takes us on a journey to experience different worlds of play, be they imaginary, found online or in the ‘real world’, to help him discover a new found joy in playing. Chwarae is a sensory feast featuring live music, stunning moves and was developed collaboratively with families from North Wales. 10am, 1pm. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

**Dance Rambert 2020:** Wayne McGregor | Marion Motin | Hofesh Shechter: 3 new great works. 7.30pm, £10+. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

**Ben Fogle: Tales from the Wilderness** Thrilling tales from a modern day explorer. From crossing Antarctica to conquering Everest, Ben will take the audience on an inspiring adventure. 7.30pm, £28. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

**Peter Case & Sid Griffin** American singer-songwriters, contemporary folk, blues and more. Doors 8pm, £12 from Palas Print Caernarfon and Mudshark Records Bangor. Held at The Vic, Menai Bridge 01248 712309, vicmenai.com

**Military Wives** See 13th, except at 5.30pm & 8pm.

**Chester CND Meeting** 3rd Thursday of alternate months. We work for a Britain and a World free of Nuclear Weapons. We also work for peace by supporting efforts to reduce conflict and sources of conflict to reduce the risk of armed conflict and possible use of nuclear weapons. 7.30pm, Quaker Meeting House, Frodsham St., Chester. Visit: chestercnd.wordpress.com

**Denbigh Library Reading Group** 3rd Thurs/month, 2pm. Denbigh Library, Hall Square 01745 816313.

**Volunteering Fair Porthmadog Ffair Gwirfoddi** This is a great opportunity for you to promote your opportunities and recruit volunteers. The event is open to all and not just for Job Centre customers. Stall spaces are limited to 10 on a first come first serve basis. 10am - 1pm. Organised by Mantell Gwynedd. Porthmadog Jobcentre, High St., Porthmadog LL49 9LS. Register: eventbrite.co.uk / mantellgwynedd.com

**Rambert 2020** See 18th, except at 1.30pm today.

**Rhiari Arwel: Tonic** Virtuoso guitarist Rhiari plays music from Vivaldi and Rodrigo; bilingual. 2.30 - 3.30pm, £6.50, £5.50 concs., Galeri, Caernarfon 01286 685222, galericaernarfon.com

**19th THURSDAY - 23rd MONDAY**

**Sisters of The Wild Workshop** Join us for the Spring Equinox Gathering to unfurl into the new light, stretch from your winter slumber and digest the beauty of change. All inclusive: £450, Cae Mabon, Fachwen, Llanberis LL55 3HB, 01286 871542, 07789 810115, caemaban.co.uk (Workshop held again 22nd - 26th June)

**Bird Language Workshop ~ Well Being Through Bird Song** You don’t have to be a bird watcher to benefit from knowing and understanding bird calls. On this walk you will learn to identify common birds by song; about why birds sing; develop tools to bring more mindfulness into your daily life through using bird song; start to interpret bird language and bring more mindfulness into your life and the life of your family. A good level of mobility will be required, children welcome if quiet, dress for the weather. 9am - 12pm. £20, £15 concs. Padarn Country Park, Lakeside, Llanberis. Lauren: lauren@onewildlife.co.uk

**NWWT: Curlew - Wales’ most pressing conservation priority** Patrick Lindley, Marine Ornithologist with Natural Resources Wales, outlines the serious decline in this most iconic ground-nesting wader and actions to help reverse its fortunes. 7.30 - 9.30pm, £2. St Andrew’s Church Hall, Benllech, LL74 8TF. Penny Radford 01248 713022, radfords713@btinternet.com

**String Masterpieces - Tchaikovsky and Mozart** Music with BBC National Orchestra of Wales. 7.30pm, £15 - £5. Pontio, Bangor 01248 382828, pontio.co.uk
Gwynedd Third Sector Well-being & Volunteering Network Event Information on funding opportunities and latest developments; an overview of the Community Cohesion Team’s work, EU Citizens Rights Service, Group discussions, Networking and information sharing. 10am - 1pm, free. Clwb Peldroed Porthmadog Football Club LL49 9PP. Contact: mantellgwynedd.com

Printmaking Launching our Printmaking exhibition with a workshop with John Hedley RCA and David Bower RCA. Using etching for line and collagraph for texture. Paper available for a small fee, 11 am - 3pm, £60. Booking essential. The Royal Cambrian Academy, Conwy LL32 8AN. 01492 593413, rcaconwy.org

RSPB Talk: Marshall’s Arm An illustrated talk by Paul Kenyon on the River Weaver’s Marshall’s Arm. 7.30pm, £2.50. St David’s Church Hall, Penrhyn Bay, Llandudno LL30 9NL, 01492 592247, colwynbooks@waitrose.com

Hip Hop Workshop for Dance Teachers 12pm, free, held at Theatr Clwyd, Mold 01352 344101, theatrclywd.com

Eminent Victorian Artists: Julia Margaret Cameron The final installment in a short lecture series, showcasing some of the greatest artistic genius of the Victorian period, with Adrian Sumner. A photographer, and highly influential in the ‘pictorial’ style, Cameron was influenced by the Pre-Raphaelite painters and created a unique, signature style which was unmistakably hers. 7.30pm, £12 or £23.95 with dinner. Gladstone's Library, Hawarden CH5 3DF. 01244 532350, gladstoneslibrary.org

Military Wives See 13th, 1pm, 5.30pm, 8pm.

Paul Carrack with a 6-piece band. Well-known singer with a 50 year career of hits and awards. 7.30pm, £38, £34, £31. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Introduction to Blacksmithing See 6th

Sara Young is a qualified blacksmith, inspired by the very best of historic English country crafts and her life in a modern environment. Her collaborative workshops offer the opportunity to explore the beauty in forging and outdoor skills.

20th FRIDAY & 21st SATURDAY

Ayurvedic Detox Retreat: Snowdonia According to ayurveda, ‘ama’ is known as a toxic residue which subdues our digestive fire and clogs up the channels of the body, creating imbalances and eventually leading to disease. In fact, ayurveda believes that ama is the root cause of all disease. ‘Pachana’ means ‘to digest’, and the process of ama pachana is a simple ayurvedic detox programme which works to rekindle the digestive fire to ‘burn up’ and remove ama from the body. £750 shared, £100 deposit. Snowdonia Mountain Lodge, Bethesda. Contact Shona Sutherland 01372 725327, shona@druexperience.org

21st SATURDAY

Spring Equinox Walking Meditation Walking with Spirit ~ Feel the Earth, Touch the Earth, Renew, Energise, Connect. Moderate fitness required, walking shoes/boots and wet weather gear; bring light snack and drink. Meet 10am, approx 7 miles, 4 hours. Limited laces, please book. Car share if possible as limited parking. Donations gratefully received; all proceeds go towards initiating a woodland project for young and old at Coed Ceunant Coch, Llancelyn. Meet at Llyn Teco, Llandecwyn LL47 6YS. Claire: 07450 996681, claireheath55@icloud.com See ad on page 10

The Rhythm of Life Sacred Circle Dance workshop. 10am - 4pm, £30; please bring veggie food to share. Led by Helen Newton and Sue Bates. Held at Rhosmor Village Hall, nr Mold. Book with £10 deposit to Helen Newton Gwern Y Gaer, Top Y Wern, Rhosmor, Mold CH7 6PP. helen@soul-life.co.uk ~ soul-life.co.uk

Spring Equinox Celebration Celebrate the arrival of Spring with good company, good food and beautiful surroundings. Join Lea and James for a day of crafts, foraging, cooking and nature connection. 10am - 3pm, £55. Chirk Castle, Chirk, Wrexham, LL14 5AF. Contact 07876 794098, woodlandclassroom.com

Fiona Owen 'Creating Presence: haiku and other short form poetry’ 10am - 4pm, £15, £10 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

The Art of Meditation Come and learn how to meditate, how to enjoy and sustain a good meditation practice and use it to heal your worry, unhappiness and pain. All welcome. 10.30am - 1pm, £15, (£19 with lunch). Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno LL30 1YY. 01492 878778, meditatenorthwales.com

SAORI Weaving for Health & Wellbeing Day 3rd Sat/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, all abilities welcome, guidance given. 10am - 4pm, £75 per class plus materials. Please book maximum of six. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino’s Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk

Ffair Grefftau Caernarfon Artisan Fair 3rd Sat/ month. 10am - 4pm, all welcome. Stalls include crafts, candles, decor & design, jam, bakery, confectionery, preserves, Woodturning, ArtlySparklyDesigns. 10am - 4pm. Market Hall, Palace St., Caernarfon LL55 1RR. Facebook of event name.
Sustainable Spring Bouquet Master Class Led by Kathryn Cronin, Founder of Fierce Blooms, who will patiently guide you through the steps you require to make a sustainable hand-tie Spring Bouquet. All plant material will be grown not flown, having been carefully sourced by Kathryn. 9.20am - 12.30pm, £55. Held at The Café at The Source, Ty Coch Barns, Llangynhafal, Denbigh LL16 4LN. Tickets from bathing-beauty.co.uk

Monthly Mindfulness Workshop The workshops give you a taster of a certain tool or technique which you can explore further. 11am - 12.30pm, £10. If you can’t make it there’s a video/online version available for £5. Beehive Healthcare, Northgate Ave, Chester CH2 2DX, 01244 915603, beehivehealthcare.co.uk

Great Orme Giant Walk Fundraiser 10 (2.4 hrs approx) or 20 mile walking challenge around the Great Orme. £50 for 10miles and £100 for 20 miles. 9am register; walk 10am - 7pm depending on distance. Llandudno. More: breeseadventures.co.uk

Botanical Art Class 3rd Sat/month. Led by Doreen Hamilton. Come along for some expert guidance from our artist in residence. 10.30am - 3.30pm, £15, £10 students. All materials and refreshments provided. Treborth Botanic Garden, Bangor. Contact Doreen 07508 728418.

Penannular Brooch + Afternoon Tea Spend the morning creating a beautiful Celtic Brooch. You can create a one-off and unusual piece of jewellery in the traditional Celtic Penannular style - an ancient ring and pin brooch in copper with inscription or lettering for decoration. Perfect for the lapel of a winter coat or to adorn a pretty scarf. Afterwards, enjoy a delicious ‘afternoon tea’ for lunch! 10.30am - 2pm, £65. Led by Ann Catrin Evans. Siop lard, 7b Stryd y Plas, Caernarfon LL55 1RR. 01246 672472, siopiarid.com

Yoga 108 Monthly Workshop Discover the power and strength of yoga inspired by the ancient yogic number 108. Starts 9.30am, £25. All mats and equipment provided. LCYoga Cabin, Dyserth LL18 6BS, 07912 179052, lcycab.co.uk

Grow Your Own 8 sessions till July 4th. Y Plot, Blodeuwedd Botanics, Bangor. Contact 07799 224636, Facebook: Blodeuwedd Botanics

Gong Bath See 10th for details. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

John Fairhurst Live and Solo Acoustic guitar and song; heavy blues for heavy times. 7pm, gig 8pm, bar only, £12. Blue Sky Café, Bangor 01244 355444, blueskybangor.co.uk

Errol Dunkley and The Dub Natty Sessions with Acoustic guitar and

Mindfulness Teacher Training Retreat Level 1 This intensive, entry-level, mindfulness-based teacher training is considered to be the highest standard of training available. Designed to immerse participants in the principles and practice of mindfulness-based teaching. It starts from the premise that as teachers we need to embody mindfulness-based practice in our own lives before we can attempt to teach it to others. The programme facilitates an opportunity for sustained inner work through practice and learning alongside peers. It is designed to be a collaborative and participatory learning experience. £1522 - £1383, all inclusive. Led by Trish Bartley and Eluned Gold. Trigonos, Nantlle, LL54 6BW, 01286 882388, trigonos.org

Reducing Stress and Worry It is very common to experience anxiety and worry in the midst of our busy, modern lives. Meditation is an effective way to deal with anxiety. We can learn how to control our own mind, instead of allowing our mind to control us. This talk will explain how we can all create inner calm and mental freedom. 10.30am, talk and meditation with Gen Kelsang Leksang. Held at Rhyl Town Hall, LL18 1BA. Bookings: Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno LL30 1YY. 01492 878778, meditatenorthwales.com

Mother Island Whispers VI We are back again for another Mother Island Whispers, which encourages us to listen and look very closely. Are you listening? Are you really listening? All antenna out and senses on sharp. Be surprised by what you find around you. Meet at 2pm at the carpark by the Chinese near Waitrose, Menai Bridge. 2 - 5pm. The program will evolve - link up & stay tuned with Facebook of event name

SAORI Kai Bring your own loom and your woven pieces, especially clothing. We aim to have an informal ‘fashion show’ which just means trying on garments and having a lot of fun! Attending a Kai is guaranteed to give you a real boost and an opportunity to meet people you may already ‘know’ through social media. Come and enjoy! Hosted by Rosie Green from SAORImôr. Our venue is totally accessible with plenty of parking and space for all to set up their looms and work throughout the day. 10am - 4pm, £5. Tectstiliau, Y Bedol, B4366, Bethel, Caernarfon LL55. RSV/Book/Pay tectstiliau.org

Mindfulness Teacher Training Retreat Level 1 This intensive, entry-level, mindfulness-based teacher training is considered to be the highest standard of training available. Designed to immerse participants in the principles and practice of mindfulness-based teaching. It starts from the premise that as teachers we need to embody mindfulness-based practice in our own lives before we can attempt to teach it to others. The programme facilitates an opportunity for sustained inner work through practice and learning alongside peers. It is designed to be a collaborative and participatory learning experience. £1522 - £1383, all inclusive. Led by Trish Bartley and Eluned Gold. Trigonos, Nantlle, LL54 6BW, 01286 882388, trigonos.org
Porthmadog Quakers 2nd & 4th Sun/month. You don’t have to believe anything, nor say anything nor do anything – just sit quietly for an hour (or less if you wish) and meditate on what is most important to you. You may find the silence helps you to relax from the stress of a busy life or it may raise questions for you to ponder. 10.30am, Community Centre, by the Harbour, LL49 9LU. Contact 01766 530657 or 01766 770034.

Tempera Painting and Guilding See 1st Tourism Groups Spring Meeting Clwydian Range and Flintshire Tourism Groups Joint Spring Meeting. Guest speaker - Jim Jones, Managing Director of North Wales Tourism. Stay Eat Do - new project developing itineraries to boost the local economy. Exhibitors and Networking. 10am - 2pm, Springfield Hotel, A55 Expressway, Pantre Halkyn, Holywell CH8 8BA. Facebook of event name

Today I Wrote Everything Drama by Cestrian Community Players. A cycle of six short plays written by Chris Mapp and based on the work of Daniil Kharms, a Soviet-era avant-gardist and absurdist poet, writer and dramatist, of the 1900’s. Each piece is brought up to date and asks questions about modern problems in society. 5.30pm, £5. Storyhouse, Chester 01244 409113, storyhouse.com

Military Wives See 13th, except at 3.30pm.

BBC NOW - Family Concert With his vivid illustrations, timed to the last brushstroke, coming to life at his easel and projected onto a large screen, Children’s writer and illustrator, James Mayhew, will paint live to gorgeously melodic and strikingly dramatic storytelling music, including Mussorgsky’s Pictures at an Exhibition. All in all, a captivating, dramatic storytelling music, including Mussorgsky’s Pictures at an Exhibition. All in all, a captivating, dramatic storytelling music, including Mussorgsky’s Pictures at an Exhibition. All in all, a captivating, dramatic storytelling music, including Mussorgsky’s Pictures at an Exhibition. All in all, a captivating, dramatic storytelling music, including Mussorgsky’s Pictures at an Exhibition. All in all, a captivating, dramatic storytelling music, including Mussorgsky’s Pictures at an Exhibition. All in all, a captivating, dramatic storytelling music, including Mussorgsky’s Pictures at an Exhibition. All in all, a captivating, dramatic storytelling music, including Mussorgsky’s Pictures at an Exhibition. All in all, a captivating, dramatic storytelling music, including Mussorgsky’s Pictures at an Exhibition. All in all, a captivating, dramatic storytelling music, including Mussorgsky’s Pictures at an Exhibition. All in all, a capti

23rd MONDAY

Talk: Farm Furniture of Snowdonia This talk, given by member Peter Collins, will describe some of the furniture associated with Snowdonia with particular emphasis on those used for display and storage. There will also be some small antiques on display for discussion and refreshments available. 7.15 for 7.30pm, donations, Tŷ Hyll, Betws y Coed. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

Coffee Connections Meet and develop new connections, ask for support and share ideas and resources, for women working for themselves or running their own business. 10.30am - 12noon. Grosvenor Pulford Hotel & Spa, Wrexham Rd., Pulford CH4 9DG. Information email

24th TUESDAY

New Moon in Aries 9.28am GMT

Celebrate the Celtic Festivals and Earth’s Cycles through Circle Dance! We dance on the 1st & 3rd Tues/month, 10.30am - 12noon - to a wide variety of World music. No partner required, and new members welcome. The Old School Hub, Llanrwst, Dyffryn Conwy. Maia 01492 642123. Also 18th & extra on 24th

Calligraphy Workshop An introduction to modern calligraphy with illustrator and artist Anna Gwillian; learn essential skills and knowledge. 6.30 - 8.30pm, bilingual, £25. Galeri, Caernarfon 01286 685222, galeri@caernarfon.com

NWWT: Aliens and Invaders Joan and Dave Prime discuss the non-native plant species that are now found all around us. 7 - 8.30pm, Dolgelau Cricket Club, Marian Cefn car park (long-stay), LL40 1UU. Janet Baker 07812 659593, jemmole@hotmail.com

Hidden Forces, Esoteric Power, Occult Energies! Tim Wyatt explores what we know about the little understood forces of Prana, Kundalini and Fohat. Sponsored by the TSE Charity No: 1167737. 7.30pm, Hiraeth Hall, Ambrose St, Bangor LL57 1BL. For more information email toddyalc@gmail.com See ad p. 10

Everybody Knows (PG) Film, Spain/France, with English subtitles. Laura travels from Argentina to Spain for her sister’s wedding with her children, when her eldest daughter is kidnapped. 7.30pm, £5. Chester Film Society, Grosvenor Museum, Chester CH1 2DD. chesterfilmfans.co.uk

Jonas Kaufmann: My Vienna A deeply personal tribute by the star tenor to the world-famous melodies from the birthplace of waltz and operetta, with the Prague Philharmonia Orchestra. 7pm, £10, £8 concs, £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Coffee Connections Meet and develop new connections, ask for support and share ideas and resources, for women working for themselves or running their own business. 10.30am - 12.30pm. Grosvenor Pulford Hotel & Spa, Wrexham Rd., Pulford CH4 9DG. Information email

NWWT: Making Table Mats from Rushes With Rosie Fairey. Booking essential. 10am - 1.30pm, £15. Bryn Golau, Cors Goch, Llanbedrogch, Anglesey, LL78 8JZ. Contact: anna.williams@northwaleswildlifetrust.org.uk

Woodland Management - Llanbedr The Trusts aim to improve the biodiversity and increase people’s understanding and enjoyment of the woodland. 10am. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

NWWT: Whistle Down The Wind (U) Film. When an injured murderer takes refuge on a remote Lancashire farm, the owner’s three children mistakenly believe him to be the Second Coming of Christ. 12.30pm, £4. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com
Pete Whittaker: Free & Solo Pete is from the subculture of underground crack climbing and scaling the side of the world’s highest big walls. The journey takes you from athletic feats to speed solos of the world’s biggest cliffs. 7.30pm, £16, £15. Galeri, Caernarfon 01286 685222, galericarnarfon.com

26th THURSDAY

Open Doors 4th Thurs/month. A non-religious spiritual group, where a medium is invited once a month to share messages from loved ones from spirit. 7 - 10pm, £4. Above Archies, in Lola’s Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07917 357746; Facebook: Open Doors, Prestatyn

Chester Poets Last Thurs/month. The group is a meeting place for members to share information about: poetry events, members news, poetry news and Chester Poets in general. 8pm in The Old Boot, Chester. All are welcome. Facebook: Chester Poets

Tree Care - Ysbyty Ifan We’ll join a National Trust ranger to do some maintenance work for trees that were planted some time ago, whether that is clearing vegetation from around them to ensure light and less competition or thinning or re-spacing the trees to ensure they have enough space to flourish. 10am. Snowdonia Society 01286 685498, mary@snowdoniasociety.org.uk

Singing For The Soul 4th Thurs/month. Calling all those who find a soul connection through singing, in particular chants from a range of spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30am - 1pm. No need to feel you are a ‘good’ singer, you just need to enjoy it and the energy and harmonies our voices create. Cost £5. If you are interested to come along please email helen@soul-life.co.uk

Microwave by Elinor Cook. A new play which explores the anxiety and awkward hilarity of academic and sexual pressures on teenage women as they try to carve out their own identity. 7.30pm, £12, £10. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Pwllheli Quakers 4th Thurs/month, 7.30pm, half hour silent worship followed by discussion/ conversation in Welsh. Capel Penmownt, Pwllheli LL53 5HU. Rhian Parry 07753 409237, Huw Meredydd

How Long Are We Dead? Exploring the Sojourn Between Lives. A talk by Tim Wyatt. 2pm, admission £5; TS Members £3. Free refreshments, book and CD sale. The Colwyn Bay Theosophical Society talks are held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. LL28 4SE. Sponsored by the Theosophical Society in England Registered charity No.1167737. New enquirers are always welcome. Julie 01248 431237, theosophywales@yahoo.co.uk

Looking for Oum Kulthum (PG) Film. The story beautifully recounts the plight of an Iranian woman artist/filmmaker living in exile as she embarks on capturing the life and art of Oum Kulthum, the Arab world’s most popular entertainer and a cultural icon. 7.30pm, Blue Sky Café, Bangor 01248 355444, occasionalcinema.org. If you want to guarantee a seat you must book a meal.

Conwy Seed Fair 700-year old Royal Charter Fair with seed and specialist plant stalls and appropriate craft stalls. 9am - 4pm. High Street, Conwy, LL32 8DB. Facebook: of event name

27th FRIDAY

James Wilton Dance presents The Storm A whirlwind of lightning fast, athleticism, where acrobatics, break-dancing, martial arts and contact work fuse to form dance. 7.30pm, £10, £8 concs., £4 children. Uchedre Centre, Holyhead 01407 763361, uchedre.org

Pine Martens A presentation by Craig Shuttleworth. Craig has been instrumental in the successful conservation of the Red Squirrel on Anglesey. He now hopes for similar success with the reintroduction of pine martens to Gwynedd, in the hope they might help in the eradication of grey squirrels, to the benefit of the red ones; uncertain but exciting to have the pine marten in our neighbourhood. 7.30pm, £3. Pensychnant Centre, Conwy. Julian 01492 592595, pensychnant.co.uk

Introduction to Identifying and Tackling Discrimination in Wales The course will help you to identify and tackle discrimination in relation to access to justice, education, transport, institutions and employment. 10am - 4pm, free. Conwy Business Centre, Llandudno Junction LL31 9XX. Details: equalityhumanrights.com

Cybi Poets Meets last Fri/month to read and share poetry. 7.30pm, free. Iorwerth Arms, Bryngwran, Holyhead. Contact Karen 07929 069235. karenankers@gmail.com

Alessi’s Ark Finely crafted folk music and voice. 7pm, £12, bar only, gigs starts 8pm, Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Al Lewis: Te yn y Grug Solo acoustic interpretations of songs taken from his multitude of albums and projects to date, plus other musicians and the local choir. 7.30pm, £12, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

Zion Train -- Channel One Zion Train are a British dub ensemble who have been cited as primary influences on the minimal techno and minimal dub genres. 6.30pm - 1.30am, £10. CellB, Blaenau Ffestiniog LL41 3AD. 01766 832001, prisoner@cellb.org

27th FRIDAY - 29th SUNDAY

Spring Yoga Weekend Retreat with Adrienne LeCoure. Join us for a rejuvenating weekend of yoga, meditation, wild walks and nourishing food. £400 - 500, all inclusive plus Yoga equipment (mats, blankets and bolsters). Guided mindful walks. Llangaffo, Anglesey, LL60 6NH. Contact/bookings: info@wildwalesretreats.com ~ wildwalesretreats.com

27th FRIDAY - 3rd APRIL, FRIDAY

Everyday Liberations - renew and deepen On this retreat, we’ll focus on liberations which, though perhaps small, are reachable – especially if you are concerned with rediscovering your inspiration, renewing and deepening your meditation practice. £315, £287 concs., Vajraloka Buddhist Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org
28th SATURDAY

**Ancient Tree Recording Walk** Discover the hidden giants that lurk in the Celtic rainforest and help the Woodland Trust to record and protect these pieces of living history. Meet: 9.45am, £2; 6 hours, 5-6 miles. Strenuous walk. Meet at layby on A496 west of Maentwrog, almost opposite the Maentwrog Hydro Power Station SH 655 398/ LL41 4HY. Parking is limited so lift shares are encouraged. Contact 03437 705785.

**Death and Dying ~ The Buddhist Perspective** Buddha gave comprehensive teachings about death and dying that help us to understand what happens at the time of death. This knowledge helps us to reduce our fear of it. 10am - 4pm, £25, includes veggie/vegan lunch. With Gen Kelsang Lek Sang. Held at Kalpa Bhadra Kadampa Buddhist Centre, Craig y Don, Llandudno LL30 1YY. 01492 878778, meditatenuorthwales.com

**What to do in your garden this month** Half a day each month from March to September when professional gardening tutor Jenny Pritchard will look at the month ahead and what needs doing to grow vegetables and soft fruit. £15/£20 couple. Woodland Skills Centre, Bodfari, Denbighshire. 01745 710626, woodlandskillscentre.uk

**Creative Crochet Jewellery** All materials and tools provided, basic crochet knowledge required; taught through medium of English. Led by Phia Eco. 11am - 4pm, £50, £45 students, 16+. Galeri, Caernarfon 01286 685222, galericarernfon.com

**March For Veterans Walk ~ Llandudno** 10 mile fundraising walk around the coastline of Llandudno for Blind Veterans UK - supporting those who are rebuilding their lives after sight loss. Meet: 9.45am, £15, £10 child, u5s free, group of ten £100. Sign up at blindveterans.org.uk

**Portffolio: Stop Motion Puppets** with Linda McCarthy. Create your own puppet to animate and take home. For 14 - 18 year olds/ 11am - 4pm, £10. Mostyn Gallery, Llandudno LL30 1AB, 01492 879201, mostyn.org

**Holly McNish** Join award-winning poet Holly McNish as she reads from and chats about her latest poetry collections. Books will be available to purchase at the event, and there will be a book signing afterwards. 7.30pm, £12.50. Storyhouse, Chester 01244 409113, storyhouse.com

**Jane Wilton Dance: The Storm** A whirlwind of lightning fast athleticism, where acrobatics, breakdancing, martial arts and contact work fuse to form dance. 7.30pm, £10, £8. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

**Live Concert in the Woods with Gary Edward Jones** Gary is a half-Maltese, half-Scouse, singer-songwriter and producer, now living in North Wales. With a passion for wood carving, his love of guitars and curiosity about the universe and ‘the little revolving ball we live on’, he lovingly crafts heart-achingly beautiful songs inspired by early Motown, blues and folk. 7pm, £20 per car with 2 free tickets, £5 each for 3rd & 4th person payable at event. Woodland Skills Centre, Bodfari, Denbighshire 01754 710626, woodlandskillscentre.uk

29th SUNDAY

**Clocks spring forward 1am.**

**Yoga Workshop** A dynamic, challenging morning and a chilled afternoon session. The workshop is suitable for all levels. £30, includes light refreshments.

**National Trust Day** More info from Theatr y Ddraig, Barmouth LL42 1EF. 01341 281697, dragontheatre.co.uk

**Tempera Painting and Guilding** See 1st
**Tool Handles-Chisels & Drawknives** We will look at making and fitting new handles to chisels and drawknives. Bring 1 or 2 tools with broken or no handles and learn how to make new handles out of ash and fit them. £55, Woodland Skills Centre, Bodfari, Denbighshire, 01745 710626, woodlandskillscentre.uk

**Halkyn Mountain Bird Survey** Come and learn how to carry out a bird survey and see what is out and about on Halkyn Mountain. Please bring a packed lunch and wear suitable outdoor clothing. Book in advance. 9am - 4pm, free. Rhês y Cae, Holywell CH8 8JH. Organised by Flintshire Countryside Service. Tickets through eventbrite.co.uk

**Yin Yoga & Sound Healing Yoga** with Mary Freeman. Come and stretch, reconnect and be held by beautiful sounds from the gongs. 3 - 5.30pm, £25. Neuadd Goffa, Mynydd Llandygai, Bangor LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

**Graham Gouldman - Heart Full of Songs Tour** Graham’s tour is purely for the pleasure of playing his songs in their simplest form, acoustically. 7.30pm, £29. Theatr Colwyn, Colwyn Bay LL29 7RU, 01492 556677, theatrcolwyn.co.uk

**Gypsy Crafts 2** Learn how to make willow lanterns; Gypsy flowers and Gypsy baskets using willow and coppice wood; learn how to use a draw-knife and a shave horse. *The Gypsy Crafts 1 course runs the previous day.* £60. Woodland Skills Centre, Bodfari, Denbighshire. 01745 710626, woodlandskillscentre.uk

**30th MONDAY - 3rd APRIL, FRIDAY**

**Springtime in the Gardens of Snowdonia** Gardens visited will be chosen from the following, dependent on season, flowering and weather conditions. Bodnant, Crag Farm Plants, Penrhyn Castle, Plas Brondanw, Plas Cadnant, Plas Newydd, Plas Tan y Bwlch, Plas Yn Rhiw and Portmeirion. £434 - £474. Plas Tan y Bwlch, Maentwrog 01766 770274, snowdonia.gov.wales

**31st TUESDAY**

**Woodland Volunteering - Betws y Coed** During this session we will be undertaking a variety of tasks including woodland management, footpath maintenance and fence repair. 10am. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

**The Healing Well** The Gwynedd Healing & Peace Group offers hands-on-healing at Y Ganolfan, Pentrefelin, nr Criccieth, from 7 - 8.30pm. All welcome. Mayamaha 01766 770874.

**Newid Byd** The Sbarc drama crew meet to discuss ideas, perform scenes and improve their acting skills. Join them as they embark on their new show, which deals with climate change. 7.30pm, £7, £5 concs., Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Copydate for April issue: March 18th**

info@network-news.org ~ 07777 688440

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The Eating Gorilla
Vegan Café & Restaurant

High Street, Penrhyndeudreath, LL48 6BN, 01766 770 292
We have 50 acres of woodland with permanent Forest School sites, heated meeting rooms, covered workshops, wildflower meadow, apiary, heritage orchard, tree nursery, allotments and vineyard in the heart of the Clwydian Range AONB near to the village of Bodfari.

We run a wide range of courses in traditional crafts including coppice and greenwood crafts, basket making, timber frame building, making shave-horse and pole-lathe, stool and chair making, Gypsy crafts, charcoal burning, coracles, woodland management, home chain-saw and hedge laying. We run bushcraft courses and hold family days, weekends and weeks in the woods. We do special events such as birthday parties. We run level 3 courses in Social Forestry and Mindfulness. People on courses can have free camping with access to w.c and shower.

01745 710626
enquiries@woodlandskillcentre.co.uk
www.woodlandskillcentre.uk

"Helena gives talks on Sound Healing with demonstrations, and audience participation, as well as covering the other kingdoms, such as the animals, angels, trees, fairies etc. illustrated by stories from her own life and experiences."

Published works include The Other Kingdoms Speak, My Inner Life, My Spiritual Journal, Maria Callas and I (& sequel), Helena’s Book of Healing, Fairies & Sasquatch. Contact: info@helenahawley.co.uk
www.helenahawley.co.uk

“fragments ...encounters with poetry” - text drawings by Iwan Bala. Iwan’s latest book of ‘text drawings’ in response to poetry by Nigel Jenkins.

You can read about Iwan's new book, in collaboration with Anne Price-Owen and Osi Rhys Osmond in the current Planet Magazine

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support in the Community for people affected by cancer

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Visit northwalescancercare.org.uk

or email: enquiries@northwalescancercare.org.uk

Planet magazine has been going for 50 years offering a radical approach to the culture and politics of Wales and the world.

planetmagazine.org.uk
Exhibitions

Conscious Café 07 With the Art of Eugene Halliday & Käthe Schuftan 8th March - 12th April. The German Jewish emigree artist Käthe Schuftan and Eugene Halliday were close friends and exhibited together in group exhibitions in Manchester in the 1940s and 1950s. Käthe was also a member of the Manchester Group of artists which included LS Lowry but was forgotten after her death in 1958. This is the first public exhibition of both their works since the 1950’s. Tan y Garth Hall, Pontfadog, Llangollen LL20 7AS. 0300 302 1936, tanygarthhallretreat.org

Oriel Brondanw Agored / Open 2020 15th March - 19th April. Here is another chance for artists, in any medium, to exhibit their work in the gallery’s wonderful space. Open 10am - 4pm. Plas Brondanw Caffi, Carreg Llanforthen LL48 6SW, 01766 772772.

Anj Smith Until 1st March. Working primarily with painting, Anj Smith is interested in reflecting on the very possibilities and limitations of the medium itself. Her work excavates often-overlooked art histories, which she combines with her lived experiences, to form the layers of her work. Exploring the very edges of representation, Smith’s intricately rendered paintings explore issues of identity, eroticism, mortality and fragility. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Nobuko Tsuchiya: 30 Ways to Go to the Moon Until 1st March. Working primarily with sculpture, Tsuchiya’s practice uses a wide range of materials, often including household objects, collected over time, which she assembles and casts to create amorphous, hybrid minimalist mechanical objects. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Chiara Camoni Until 1st March. Working primarily across drawing, sculpture and installation, Camoni creates spaces imbued with poetic sensibility. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Susie Freeman: WOWI (What Was Once Imagined) Until 29th March. A retrospective of Susie’s work. Susie invented a knitted network of pockets using a monofilament thread: into each small transparent pocket she dropped a tiny object before safely sealing them with a further row of knitting, and repeating this to construct the cloth. Included is a collaboration with Dr Liz Lee - “Pharmacopeia” - huge garments constructed of metallic pill packets. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk. See back cover


Iwan Bala Until 31st March. Working largely in paintings, drawings and assemblages he explores the themes of belonging and cultural identity and his art is synonymous with his political activism as he responds to the world around him. Oriel Caffi Croesor, orielgallerycroesor@gmail.com

Hwb Croesor Exhibition ~ Ffwligans Until 31st March. The Ffwligans are a collective of Welsh artists that create “Propaganda posters that rhyme... some of the time.” Their work is a modern take on the images and posters of revolutions and resistance past. Oriel Caffi Croesor, orielgallerycroesor@gmail.com

Button It Up ~ Cadwch Ar Gau Until 21st March. Early topics, such as the Woman’s Suffrage movement have been comprehensively covered by museums, but more recent social changes and hidden histories are only starting to be addressed. Large museums in Brighton and Liverpool have projects that explore LGBTQ+ communities and how their stories have been ignored or misrepresented in relation to their permanent collections. Storiel, Bangor LL57 1DT, 01248 353368, storiel.cymru

Martin Smith: Little Machines Until 29th March. An artist engineer whose mechanical sculptures are exhibited worldwide. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Jane Adam ~ Never The Same River Until 29th March. It became my mission to make jewellery that reflected as honestly as possible my own experience of the richness and variety of contemporary life, in the hope that other people would find in it echoes of their own. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Gwyn Roberts, Elfyn Jones & Peter Turnbull 1st - 25th March. Ffin y Parc, Llanrwst 01492 642070, welshart.net

Kristina Veasey ~ My Dirty Secret Until 6th March. This experiential artwork was born from her frustration as a disabled person trying to keep up with the housework. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Various Artists Exhibition Until 22nd March. Artists include Stephen John Oliver, Teresa Urbanska, Rachel Stewart, Deirdre McKenna & Margedd Pendrell and Archie Miles. Open 10am - 5pm, daily (closed Tues). Plas Glyn Y Weddw, Pwllheli, LL53 7TT. 01758 740763, oriel.org.uk
Colin See-Paynton - Major Solo Exhibition  
29th March - 22nd April.  
Ffin y Parc, Llanrwst 01492 642070, welshart.net

Paul Davies ~ ‘Welsh Not’ Until 28th March.  
Part 2 of a retrospective of Paul Davies’ work.  
Featuring previously unseen items, with a focus on the now iconic Welsh Not lovespoon, part of a performance at the Wrexham National Eisteddfod in 1977. Paul Davies was the driving force of Beca.  
Storiel, Bangor LL57 1DT, 01248 353368, storiel.cymru

18% Collective - Original Copy 27th February - 21st March.  
Showcasing the group exhibition from 2nd year students completing Llandrillo College’s FDA Photography course. Includes Callum Humphreys: “The aim of the project was to reconnect with a place I call home, and to decode the conditioning that once propelled me to leave it behind.”  
Oriel Colwyn, Upstairs at Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 577888, orielcolwyn.org

Show & Tell Exhibition ~ Geithin Ceidiog Hughes  
March.  
Geithin has created a range of Japanese denim scarves using indigo dye and techniques mastered by traditional weavers – and uses Halen Môn (Anglesey Sea Salt) as a finishing agent. The new textile range is the result of six months of painstaking research and experimentation.  
Ruthin Craft Centre LL18 1BB, 01824 704774, ruthincraftcentre.org.uk

David Brightmore  
RCA: Dal Ati - Keep On Keeping On Until 14th March.  
Vibrant, vigorous and energetic work influenced by the landscape of Clwyd; exploring figure-scapes, searching for the rhythm of land and figure, often in primordial settings. Open 11am - 5pm, Tues - Sat.  
Royal Cambrian Academy, Crown Lane, Conwy LL32 8AN. 01492 593413, rcaconwy.org

Niall McDiarmid ~ State of Independents  
Ongoing.  
A new set of portraits to shine a light on and celebrate our Independent Traders and Shopkeepers based in and around Colwyn Bay, Old Colwyn and Rhos on Sea. 24 large scale portraits displayed in the six promenade shelters between Rhos on Sea and Old Colwyn with each shelter exhibiting two portraits on either side, the project links the town together via photography. More from Oriel Colwyn, 01492 577888, orielcolwyn.org

New Members Exhibition  
Until 14th March. An introduction to the work of six new Royal Cambrian Academicians. Open 11am - 5pm, Tues - Sat. Royal Cambrian Academy, Crown Lane, Conwy LL32 8AN. 01492 593413, rcaconwy.org

Jack Latham – Parliament of Owls  
27th March - 15th May. A 2,700-acre retreat owned by the exclusive gentlemen’s San Francisco Bohemian Club, is frequented by the political and business elite of the US. Shrouded in secrecy, the activities at the grove have become the subject of countless conspiracy theories and rumours. In Jack Latham’s Parliament of Owls, he investigates the secrecy of the club and the wider political effects this has caused. What happens when the country’s top lawmakers, politicians, artists, lawyers and businessmen meet behind closed doors? Jack’s photographs also depict the rise of Alex Jones - conspiracy theorist and founder of InfoWars; Jones’ profile as a far-right activist spring-boarded Infowars to become an influential outlet of fake news in recent US politics.  
Oriel Gallery, Upstairs in Theatr Colwyn, Colwyn Bay LL29 7RU, 01492 577888, orielcolwyn.org ~ jacklatham.com

NW Potters In March. This month’s maker is Richard Daniels.  
NW Potters’ Gallery, 1 High St., Conwy. northwalespotters.org

Parallel Lives by Clare Marie Bailey.  
6th March - 19th April. A variety of female characteristics and scenarios exploring the hidden unknown feelings of loneliness, longing and ambivalent sense of disconnection and connectedness. Centre of self-portraits and heavily influenced by cinema, the counter-culture of the 1960s and b-movies.  
Galeri, Caernarfon 01286 685222, galericaernarfon.com

John Peacock Until 7th March. Mixed media stitched collage.  
Community Gallery, Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Helfa Gelf Spring Show - New Beginnings  
15th March - 19th April. Variety of makers and mediums! ; Launch 15th March 2.30 - 4.30pm.  
Oriel Ty Meirion, Y Brief Heol, Dyffryn Ardudwy LL44 2DH. tymeirion.co.uk

Jack Latham ~ Parliament of Owls

Geithin Ceidiog Hughes

Ruth Shelley, Bowl, glass
**Centres in North Wales:**

**Workshops in April & May**

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### Cae Mabon

*Holistic & eco retreat centre*

Fachwen, nr Llanberis LL55 3HB  
01286 871542, caemabon.co.uk

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 - 5</td>
<td>Living and Dying</td>
</tr>
<tr>
<td>9 - 14</td>
<td>Shambala Friends &amp; Family</td>
</tr>
<tr>
<td>20 - 23</td>
<td>Forest Church</td>
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<tr>
<td>24 - 26</td>
<td>Spring Yoga Retreat</td>
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<td>29/4-3/5</td>
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</tbody>
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<thead>
<tr>
<th>MAY</th>
<th>Event</th>
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<tbody>
<tr>
<td>8 - 10</td>
<td>Mamatung Retreat</td>
</tr>
<tr>
<td>15 - 17</td>
<td>Back to Nature: A Woman’s Retreat</td>
</tr>
<tr>
<td>22 - 24</td>
<td>Awakening to Sacred Union</td>
</tr>
<tr>
<td>25 - 27</td>
<td>Sunflower Tribe (formerly Pixi Camp)</td>
</tr>
<tr>
<td>27 - 31</td>
<td>Doula UK</td>
</tr>
</tbody>
</table>

### Centre for Alternative Technology (CAT)

*Hands-on learning for a zero carbon world*

Machynlleth, 01654 704966, cat.org.uk

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 - 10</td>
<td>Energy Generation From Solar</td>
</tr>
<tr>
<td>6 - 10</td>
<td>Circular Design Principles in Architecture</td>
</tr>
<tr>
<td>18</td>
<td>Earth Oven Building</td>
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<tr>
<td>18 &amp; 19</td>
<td>Intro to Renewables for Households</td>
</tr>
<tr>
<td>20 - 24</td>
<td>Ecosystem Services</td>
</tr>
<tr>
<td>24 - 26</td>
<td>Bird Identification</td>
</tr>
<tr>
<td>27/4-1/5</td>
<td>Timber Frame Self Build</td>
</tr>
<tr>
<td>29 &amp; 30</td>
<td>Zero Carbon Britain</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>MAY</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 - 10</td>
<td>Building with Rammed Earth</td>
</tr>
<tr>
<td>9 - 11</td>
<td>Introduction to Permaculture</td>
</tr>
<tr>
<td>11 - 15</td>
<td>Hydroelectric &amp; Marine Energy Generation</td>
</tr>
<tr>
<td>18 - 22</td>
<td>Sustainable Building Materials</td>
</tr>
<tr>
<td>22 - 24</td>
<td>Ecology 1: Introduction</td>
</tr>
<tr>
<td>23</td>
<td>Build a Lapsteel Guitar</td>
</tr>
<tr>
<td>23</td>
<td>Renewables for Households: Solar PV</td>
</tr>
<tr>
<td>23 - 25</td>
<td>Build a Wildlife Garden</td>
</tr>
</tbody>
</table>

### Dru Yoga Snowdon Mountain Lodge

*Yoga & meditation retreats*

Nant Ffrancon, Bethesda LL57 3LX  
01248 602900, druyoga.com

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
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<tbody>
<tr>
<td>3 - 5</td>
<td>Sound &amp; Mantra</td>
</tr>
<tr>
<td>17 - 19</td>
<td>Intro: Ayurveda Tailed For You</td>
</tr>
<tr>
<td>20 - 23</td>
<td>Karma Yoga Retreat</td>
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</tbody>
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<table>
<thead>
<tr>
<th>MAY</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>11 - 14</td>
<td>Karma Yoga Retreat</td>
</tr>
<tr>
<td>21 - 25</td>
<td>Spirituality of Yoga</td>
</tr>
</tbody>
</table>

### Field Studies Council

*Educational outdoor experiences*

Rhyd-y-Creuau, Draper’s Field  
Betws-y-Coed, Conwy LL24 0HB  
01690 710494,  
enquiries.rc@field-studies-council.org

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 - 19</td>
<td>Sphagnum</td>
</tr>
<tr>
<td>17 - 20</td>
<td>Birds of NW Coast, Woodlands &amp; Uplands</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MAY</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>15 - 18</td>
<td>An Introduction to Bird Watching</td>
</tr>
<tr>
<td>22 - 25</td>
<td>Mountain Plants of North Wales</td>
</tr>
<tr>
<td>30/5-1/6</td>
<td>Tree Identification</td>
</tr>
</tbody>
</table>

### Gladstone’s Library

*Library & meeting place of learning*

Hawarden, Chester CH5 3DF  
01244 532350, gladstoneslibrary.org

<table>
<thead>
<tr>
<th>MAY</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>8 - 10</td>
<td>Art, Faith &amp; the Ages of the Human</td>
</tr>
<tr>
<td>15 - 17</td>
<td>Bewitching Shakespeare: Macbeth</td>
</tr>
<tr>
<td>24</td>
<td>Narrative Voice &amp; the Unconventional Narrator</td>
</tr>
</tbody>
</table>

### Kalpa Bhadra Buddhist Centre

*Meditation classes and groups*

34 Mostyn Ave., Craig y Don  
Llandudno LL30 1YY  
01492 878778, meditatenorthwales.com

<table>
<thead>
<tr>
<th>APRIL</th>
<th>Event</th>
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<tbody>
<tr>
<td>4</td>
<td>Letting Go of Blame and Guilt</td>
</tr>
<tr>
<td>18</td>
<td>Creating A World of Peace ~ Avalokiteshvara Empowerment</td>
</tr>
<tr>
<td>25</td>
<td>Taming the Mind</td>
</tr>
</tbody>
</table>
Woodland Skills Centre
Courses in traditional crafts, bushcraft & family holidays
The Warren, Bodfari, Denbigh
01745 710626, woodlandskillcentre.uk

APRIL
5 Corn Dollies Improvers
5 Willow Plant Support
5 A Sense of Place - Spring
11 & 12 Family Weekend
18 & 19 Spoon Carving
18 & 19 Three-Legged Stool
19 Plant a Medicinal Herb Garden
25 Peg Loom Weaving
25 & 26 Bowl Turning
25 & 26 Deckchair
26 What To Do in Your Garden This Month
28/4 - 1/5 Mindfulness OCN

MAY
2 Timber Processing
2 - 3 Introduction to Basket Making
3 Know Your Trees
5 Charcoal Burning
9 Family Day
9 & 10 Deckchair
11 - 15 Timber-frame Building
16 & 17 Sussex Trug; Bushcraft Knife
23 Rake Making
23 - 25 Post & Rung Stool see ad on page 29

Are you feeling stuck in your life?
Can’t make or sustain positive change? Want to change but don’t know how?

Whether emotional, physical or life style issues,
Josephine Airns facilitates powerful personal and spiritual growth processes.

Resonance Repatterning®
01691 773806
Llangollen Natural Health Clinic
www.resonancerepatterninguk.net

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Plas Tan Y Bwlch
Art & Environmental Studies Centre
Maentwrog LL41 3YU
01766 772600, eryri.llyw.cymru

APRIL
3 - 5 Embroiders Guild
24 - 26 More Darwin in North Wales
27/4-1/5 With a Camera in Snowdonia

MAY
1 - 3 Inkle Loom Weaving
1 - 3 Thomas Telford and his Road
3 - 8 Society of Botanical Artists Course
8 - 10 Signalling the Narrow Gauge II
8 - 10 Botanical Art in Coloured Pencils

---

Siop Iard
High quality craft courses
Siop Iard, 7B Stryd Y Plas, Caernarfon LL55 1RR.
01286 672472, siopiard.com

APRIL
4 Silversmithing: Pendant & Earrings

MAY
16 Forged Bottle Opener
23 Celtic Calligraphy

---

Trigonos Environment Centre
Holistic, creative, social & environmental workshops & retreats
Plas Baladeulyn, Nantlle LL54 6BW
01286 882388, trigonos.org

APRIL
4 - 9 Saori Weaving Retreat
10 - 13 The Arising Feminine: with Brooke Medicine Eagle
14 - 18 Mindfulness
18 - 25 Mindfulness Teacher Training

MAY
1 - 3 Yoga with Nikki Heldt
8 - 10 Psyched Paddleboarding Wellbeing
10 - 13 Rewilding the Mind
15 - 17 Yoga with Lynn Dutton
21 - 24 Weaving Colours
24 - 30 Mindfulness Network see ad on page 10

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Workshops in April

APRIL

3 - 5 Yoga & Hiking Weekend Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk
4 Bushcraft Skills Course Chirk Castle. James 07876 794098, woodlandclassroom.com
4 108 Sun Salutations Challenge with Yoga Shala NW, Rhuddlan. Facebook of event name
4 Your Body Speaks Your Mind - Yoga LCYoga Cabin, Dyserth LL18 6BS, 07912 179052, lcyoga.co.uk
4 Willow Creatures Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org (for 14 - 18 yr olds)
4 & 5 Reiki, 1st Degree Course Tregarth LL57 4NP. Viv Candlish 01248 601388, vivreiki@hotmail.com
5 Free Your Back, Above & Below - Feldenkrais Method Veronica Rock 07990 825783, vhrrock@feldenkrais.co.uk
5 Tempera Painting and Guilding Chester (See Calendar for details 1st March)
10 - 13 Women’s Retreat with Brooke Medicine Eagle Claire Mace 07970 409724, northwalesretreats.com
17 Wild Wander Spring Capel Curig. Lauren Wood 07926 530129, Facebook: same name of event
18 Micro Nomad - Spring A day of nature connection. Held at Henbant Farm, LL54 5DF. Bookings through: Tom Carter - nomadwales.com
18 Wild Food, Foraging & Wilderness Cookery Erddig. James 07876 794098, woodlandclassroom.com
18 Spring Bioblitz Gwanwyn Facebook: Grŵp Coedwig Cymunedol Llyn Parc Mawr Community Woodland Group
21 Drystone Walling Working Party Conwy. Bookings: Snowdonia Society 01286 685498, mary@snowdonia-society.org.uk
22 Mindfulness for Stress (8 week course) Wrexham. Alan 07816 988124, newmindfulness.net
24 Make Your Own Silver Rings Rhug Estate, Corwen LL21 0EH, 01490 413000, rhug.co.uk
24 - 26 Yoga & Hiking Weekend Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk
24 - 26 Yoga, Steam Train & Walking Retreat Beddgelert. Morris Mountains 07541 740311, morrismountains.co.uk
25 Silver Stacking Rings Siop lard, Caernarfon LL55 1RR, 01286 672472, siopiard.com
25 Wild Cooking Erddig. James 07876 794098, woodlandclassroom.com
25 The Mountain Environment of Snowdonia Nature’s Work. Tickets: eventbrite.co.uk
25 Fused Glass Bird Workshop Mold. Bookings: Verty Pulford via eventbrite.co.uk
25 & 26 Blacksmithing Wernog Wood, Ruthin. Rich Jones 07765 251531, wernogwood.co.uk
25 & 26 Drawing from the Eye of the Heart Gladstone’s Library, Hawarden. Lynette Howells-Moore 01244 313910 or 07742 365 623, lynettehowellsmoore.co.uk Also 18/19 July & 7/8 November
25 - 27 Gate Making - The Art of Cleaving Wernog Wood, Ruthin, wernogwood.co.uk
26 Make Your Own Silver Bangle Rhug Estate, Corwen LL21 0EH, 01490 413000, rhug.co.uk
26 Glaciation in the upland Environment Nature’s Work. Tickets: eventbrite.co.uk
26 Crystals, Dragons & Planetary Healing Chester CH1 2LE. Contact: hopecollege.co.uk
27/4 - 2/5 Starting to Write Poetry and Fiction Llanystumdwy 01766 522881, tynewydd.wales
29 Mindfulness in All Our Relationships Bangor. Fiona Smith: ask@theconwycounsellors.co.uk

“Do nothing that matters without consulting a conversation.”
David Fleming from Lean Logic: A Dictionary for the Future and How to Survive It
### Workshops in May

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 4 MAY</td>
<td>Yoga &amp; SUP Weekend</td>
<td>Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk</td>
</tr>
<tr>
<td>2</td>
<td>Fantasy &amp; Sci-Fi Welsh Language</td>
<td>Llanystumdwy LL52 0LW. 01766 522881, tynewydd.wales</td>
</tr>
<tr>
<td>3</td>
<td>Awakening Your Sacred Feminine</td>
<td>Mold. Visit : rachelsbellydance.wales</td>
</tr>
<tr>
<td>4 - 5 MAY</td>
<td>Bushcraft Skills Weekend</td>
<td>Chirk, Wrexham LL14 5AF. Woodland Classroom</td>
</tr>
<tr>
<td>8 - 10 MAY</td>
<td>Yoga &amp; SUP Weekend</td>
<td>Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk</td>
</tr>
<tr>
<td>8 - 17 MAY</td>
<td>The Radical Embrace</td>
<td>(For those meditating for at least 3 years). Vajraloka, Corwen 01490 460406, vajraloka.org</td>
</tr>
<tr>
<td>9</td>
<td>Wild Food, Foraging &amp; Wilderness Cookery</td>
<td>Hawarden. James 07876 794098, woodlandclassroom.com</td>
</tr>
<tr>
<td>9</td>
<td>Foundation Course in Crystal Therapy</td>
<td>(5 more dates). Llandudno. Info: hope-college.co.uk</td>
</tr>
<tr>
<td>11 - 16 MAY</td>
<td>Spring Poetry Masterclass</td>
<td>Llanystumdwy LL52 0LW. 01766 522881, tynewydd.wales</td>
</tr>
<tr>
<td>16</td>
<td>Root &amp; Flow A Day of Yoga and Dance</td>
<td>Pantymwyn, nr Mold. Rachel - <a href="mailto:rachel@rachelsbellydance.wales">rachel@rachelsbellydance.wales</a> or Facebook of same name.</td>
</tr>
<tr>
<td>16</td>
<td>Woodland Mindfulness &amp; Bushcraft Weekend</td>
<td>Chirk Castle. James 07876 794098, woodlandclassroom.com</td>
</tr>
<tr>
<td>16</td>
<td>Finding Joy</td>
<td>LCYoga Cabin, Dyserth LL18 6BS, 07912 179052, lcyoga.co.uk</td>
</tr>
<tr>
<td>16 &amp; 17 MAY</td>
<td>Death and the only beauty that lasts/Marwolaeth a’r unig harddwch sy’n parhau</td>
<td>Blaenau Ffestiniog LL41 3LZ. Jan 07909 643221, janparker.co.uk</td>
</tr>
<tr>
<td>16 &amp; 17 MAY</td>
<td>Reiki, 1st Degree Course</td>
<td>Tregarth LL57 4NP. Viv Candlish 01248 601388, <a href="mailto:vivreiki@hotmail.com">vivreiki@hotmail.com</a></td>
</tr>
<tr>
<td>18 - 22 MAY</td>
<td>Poetry &amp; Songwriting</td>
<td>Llanystumdwy LL52 0LW. 01766 522881, tynewydd.wales</td>
</tr>
<tr>
<td>19</td>
<td>Drystone Walling Working Party</td>
<td>Conwy. Bookings: Snowdonia Society 01286 685498, <a href="mailto:mary@snowdonia-society.org.uk">mary@snowdonia-society.org.uk</a></td>
</tr>
<tr>
<td>22 - 24 MAY</td>
<td>Storytelling Weekend</td>
<td>Ty Newydd, Llanystumdwy LL52 0LW. 01766 522881, tynewydd.wales</td>
</tr>
<tr>
<td>22 - 25 MAY</td>
<td>Bio Energy Shaking Meditation Retreat</td>
<td>Corwen LL21 0LN. Bookings: tymammawr.co.uk, Facebook or eventbrite.co.uk</td>
</tr>
<tr>
<td>24</td>
<td>The Mountain Environment of Snowdonia</td>
<td>Nature’s Work. Tickets: eventbrite.co.uk</td>
</tr>
<tr>
<td>24</td>
<td>Mountain Flowers of Snowdonia</td>
<td>Nature’s Work. Tickets: eventbrite.co.uk</td>
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<td>Crystal Therapy for Family &amp; Friends</td>
<td>Deeside CH5 3AU. Contact: hope-college.co.uk</td>
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<td>29/5 - 1/6 MAY</td>
<td>Into The Wild Nature Retreat</td>
<td>Tyddyn Mon, Anglesey. Chris 07958 058191, <a href="mailto:chrisgibbons01@hotmail.com">chrisgibbons01@hotmail.com</a></td>
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<td>Nature of Snowdonia &amp; Birds in the Mountains</td>
<td>Nature’s Work. Tickets: eventbrite.co.uk</td>
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**The Essential Film for 2020**

**“The Sequel:**
what will follow our troubled civilisation?**

Released worldwide on March 16th

For details of the launch event, community screenings, downloads and other resources, follow the links at:

[www.flemingpolicycentre.org.uk](http://www.flemingpolicycentre.org.uk)
What can we do about climate anxiety?

ACKNOWLEDGE AND TALK ABOUT IT

It can be hard to admit to yourself that your home and Community are not what they once were. A great start to fighting climate anxiety and learning how to handle a changing climate starts with acknowledging what’s happening — then talking about it with those you trust. By acknowledging how you feel, it allows you to determine how you can act to take care of yourself. It can be hard to talk about something existential like climate anxiety, especially with those who don’t understand it, but in many cities, support groups to talk about this exact topic are forming.

If there’s not a group in your area, don’t be afraid to start one of your own or approach loved ones. By finding a group of like-minded people or talking about the climate crisis with friends, you can make a difference within yourself and your Community. The climate crisis isn’t something that can be solved by one person — so let’s team up, help each other and help our environment! Small changes can lead to bigger ones, or they can even inspire others! If you want to fight off tough feelings that may come with reading news stories about the climate crisis, these changes can make a world of a difference for your mental health and for the environment.

(Check the Calendar in NN for Friends of the Earth, Greenpeace and XR Meetings.)

Most importantly:

Do What You Can, With What You Have, Where You Are

“As you grow older you will discover that you have two hands, one for helping yourself and the other for helping others.”

— Maya Angelou

“Climate grief” is a rational response to the state of the world. Acknowledging hard emotions is not the same as giving in to despair.

— Sir David Attenborough

“Most of the important things in the world have been accomplished by people who have kept on trying where there seemed to be no hope at all.”

— Howard Zinn

“Small acts, when multiplied by millions of people, can transform the world.”
Join us at the launch of our hydroponics pilot scheme in Gwynedd and Ynys Môn this month. We are looking to recruit growers to the first hydroponics scheme of its kind in North Wales. Our kits involve a reservoir of nutrient-rich solution which is pumped to the plant crop, allowing growth without soil.

The scheme is called the Tech Tyfu project, and is run by Menter Môn, who are exploring opportunities that will help Wales adapt to post-Brexit challenges. We are looking for innovative people to have a go at using this pivotal technology which will become increasingly important in the food production of the future. These pioneer growers will have their chance to experience hydroponics and will inspire them to develop the technology in their own direction. The project will create a skill-sharing forum, with growers exchanging their learning experiences with each other, and developing supply chains.

While vertical farming might seem more familiar in an urban gardening setting, it has in fact got significant potential for development in North Wales. In particular, existing farmers understand supply chains and markets for selling food, and often have access to agricultural buildings which could house vertical farming units. They may sometimes have anaerobic digesters, which can generate heat from manure, which could allow vertical farming to produce food all year round. North Wales also boasts many high-end restaurants, benefiting to a large extent from the tourism industry, and as such creates a demand for high-value fruit and veg, which can be easily and efficiently grown through hydroponics. Hydroponics can use as little as 10% of the water used in conventional agriculture, and this increased water efficiency could allow crops to be grown successfully in times of drought, such as the summer of 2018, where Welsh farmers suffered serious losses. As the impact of climate change becomes more noticeable, more such periods of drought are highly likely in the near future. Our scheme will help position food production in North Wales to be more resilient, and open another door for farmers, businesses and restaurants looking for strategic ways to diversify.

Tech Tyfu is a project run by Menter Môn. It has received funding through the Welsh Government Rural Communities – Rural Development Programme 2014-2020, which is funded by the European Agricultural Fund for Rural Development and the Welsh Government. See you at Glynllifon Agricultural College, Clynog Road, Penygroes, LL54 5DU at 6pm on March 3rd!

Luke Tyler leads the Vertical Farming project with Menter Mon, which involves developing viable businesses and adoption of hydroponics technology in North Wales. luke@mentermon.com
Once upon a time, a hundred years from now, there lived a new harmony on the Earth...

Abundance was present in every sphere of life, everywhere on Earth. Food, shelter, warmth, comfort, company and countryside. There was no lack in any field and the whole world was aware that this was the case and people marveled at the apparent lack of these basic things in their recent past.

What are the characteristics of that world? And how did they come about? How did it grow out of a world falling apart and fraught with greed and denial? The period immediately before the time of plenty was one of perceived scarcity, despite its lower population and abundant resources. Now with more people and less land to grow on we have so much more. How is it possible that it took so long to transform into ways that work, through those early decades of the 21st century?

What does it look like now in 2050?

The first change you notice in our world is the complete lack of cars. They basically don’t exist as you knew them. We have a few electrics on the outskirts but these are like your ‘mules’ little electric service trucks with interchangeable backs - sometimes taxis, sometimes delivery vans. Walking down the street is a delight and this is the second most obvious change - an unexpected vibrancy.

Cafés, market stalls, produce, crafts, but more importantly, people everywhere, and all the shops reopened. A closer look shows that there is a vast range of vegetables that are all fresh and must be local. They are, as is everything else.

You will notice that people swipe electric cards, yet these are for the local time-currency. Everything is tabulated on a non-profit exchange. When the crash came, money was the first to go and to be re-invented as local currency. When the Intra-net system that ran through the schools was opened to the Community, it enabled a seamless transition to local exchange. All money was lost to the old system but the new rose phoenix-like from local skills.

Those who had skills shared them and effectively the world rolled seamlessly on. Qualities of craftsmanship improved as the maker relationship became known and local.

Health improved with diet, exercise, and purpose. People who feel valued, feel better and become better. Then as you walk the streets of happy people you will also notice the range of local activity.

There’s a repair shop - for everything. A bicycle makers. A communal woodwork, craft space. An internet/intranet office with conferencing rooms. There are hostels, co-working labs, co-housing, make-space and all the things that used to be specialised and far away are now on the doorstep. Then new buildings and new forms.

The winter garden in every village which is both indoor meeting space, Café and play area, but also home to tropical fruits.
Many villages have a tram station whilst all have public assembly buildings. All have communal farms and gardens adjacent to which is the market and the village canteen where anyone can drop in for food and swipe their card against time in the village.

**How did it all happen?**

The motor industry was the first to collapse. This was a mixture of the enormous over-financing from the factories to the sale of cars - coupled to the sea change of opinion about world ethics and world climate. The industry was 20 times over-valued beyond its asset base, propped up by the oil industry who were subsidised by Governments all over the world, all in the vain hope of keeping ‘the American Dream’ going.

When it failed the views of the many were already aligned with the understanding that the car was the single most unethical thing ever invented and all were glad to see the back of it. What left people more unsettled was the way it pulled down the world economy. It effectively folded overnight. Within days the West was scrabbling to avoid starvation.

Wales had previously been tied to England on 80% import of food. Community by Community, work-records were established as large numbers turned out on farms to help switch to local vegetable production. Feeding everyone village by village became the catalyst that drew communities together. So many people lost so much, yet with the banks failing, there were no mortgages to repay!

With the sharing of work to grow, the farms effectively became cooperatives. Everything was recorded in local currency ‘by the hour’ yet everyone chipped in with their own skills not only to work, but to teach. All unemployment ended because labour became precious due to the speed of re-localisation.

**So when did this all happen?**

It all looked set to happen in late 2020 early 2021 when the oil and motor industries began to teeter. However the Western Governments, because they had seen it all in 2008, acted much more quickly and overtly, taking Quantative Easing to ridiculous levels, multiplying the world cash-flow tenfold, which in the short term made cars and oil cheap again.

This set off two chain reactions. The ethical/environmental lobby became incensed. Western life became even cheaper whilst the rest of the world ground to a halt. Yet simultaneously the active resilience movement took to the land. Pilot schemes in bio-dynamics, Zero-carbon housing, wastewater retreatment, public discussion forums, electric trams. You name it; in every field there was a test case going on.

Wales was one of those places where Government did what it could to engineer support, by seed-funding trials and turning a blind eye to red tape in any situation where Community was reclaiming and running services. It also actively extended programs like OPD (theneoneplanetlife.com). This combination saved the day. Local action for local need without having to dive through hoops to prove yourself.
When the crash finally came in early 2025 there were so many aspects of the ethical framework established that the majority could grasp it and join in.

Over the next 3 years Wales became the foremost nation of the new era. Already twinned with New Zealand on removal of GDP, with Iceland on local economics, Finland on education, Estonia on 100% renewable and others in a Small Nations Commonwealth.

By 2026 we had also founded the World Development Twinning Program. In this, each Western country that reached needs satisfaction within World Capacity then found a similarly sized developing country to which it gave its excess. Wales very soon reached overcapacity in food, water, forestry and energy all of which we sold to England. The money raised became a gift to our twin Nation in Africa. It was one of the greatest moments in the establishment of cohesion and Community in Wales as we voted across the nation as to which country we would pull out of poverty.

Conscious sharing on the world stage marked the turning point in bringing the whole planet onto the same page. There was never any shaming - that all happened years earlier with flight shame then car shame - it just became the natural thing to do.

It happened easily, and really for a series of reasons. Firstly the western world had been thrown into crisis, bringing many to their knees but most to a realisation that others had suffered more. Secondly that, ‘growing local’, reclaiming the street, meeting at the Café, working from home, were all improvements on the stresses of the past. We were doing better on less! Shock and realisation in the same breath.

Thirdly the new form of economy that removed both cash and profit made us all less interested in wealth. Happiness became endemic. Helping others became infectious and the step from helping the disabled person in the street and giving local fresh food to the hospital - it isn’t a big step to give to someone you have never met in a country you have never seen, who has never dreamt of the life you had, nor even the life you have now.

How do we get there?

You may find it difficult to look forward those few years and see what radical changes you are about to achieve. But see it like this. Back in Welsh history in the time of the Bards one cannot imagine waste, destruction, greed. Life was in harmony with all. Life was peaceful, abundant, and in awe of Mother Nature. Then look towards a moment in Medieval times where the village was everything. Cobbler, farrier, baker and butcher, thatcher and cruck-frame maker. There was nothing that could not be done in the village. Nothing that wasn’t made from natural materials. Nothing that could not be taught and passed on. Jump to the twenty-first century and the digital age. The world has lost all constraint in the name of globalisation. Yet with it has come world awareness and world communication. Ideas flow as well as goods.
Now we have the best of all these worlds. That long slow haul out of survival that took thousands of years was over in a blink. We have the harmony of the druids without worries of survival. We have the Community of the village yet without isolation. We have the world view of the digital age but without global destruction. Now we see these things fit together as one so we have the added benefit of complete satisfaction of all our needs without the stress of competition. Because life is easy - as it was always supposed to be - we have flipped from outer motivation to inner. We have peace, at home and abroad. We have rediscovered Hearth and Heart. To sit round the fire with music, our own music, our own language, our own culture telling our own stories. Knowing that when decisions are made at home they are agreed and understood, that this is the same everywhere. And that the world works - because it is local - connected - and because we all listen.

So the new story - like that of the bards - is back in harmony with nature, and, as we now call it, Earth’s capacity. We live in a participatory Ethic that is worldwide and established though local forums, in the knowledge that we have less than 1 acre each. This is one tenth of what the West was using, yet ten times what we need when we work collectively and locally.

The acre is the new measuring system. Everything is valued against how long it is borrowed from the Earth and the area of that resource ‘borrowed’. Economics is almost irrelevant, and empowerment the new objective. Ethics and Ecology are the world yardsticks against which all nations judge their external process and progress, whilst human empowerment and Community are their internal reference.

We have the choice of whether to prepare or whether to just hang on and see what happens. In 2020 there is not a single discipline in life which is both prospering and doing so within world capacity. Obesity, pollution, stress, poverty, destruction, extinction, delay, expense, poison, ecocide, default and debt. When you see these all as the same thing then you know it’s time for a change. We probably have a year or two to engage and at most a decade to run this out across the world. When you see that the outcome from action achieves a world that is better than the one we have, why would you wait for the collapse of a destructive system that will take down all options with it when it goes. Disengage now and start building something that works. Its fun, effective and creates positive results. Get it right - and it saves planets, societies ... and dolphins.

Michael Chown is an Archiculturalist and founder of Wholism.
wholism@outlook.com

Full Moon Meditation Network
**Pisces:** February 19th ~ March 20th
**Full Moon:** March 9th at 5:48pm
**Spring Equinox:** March 20th at 3.50am

The Great Invocation
From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

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Celebrating Arts in Health & Wellbeing
North Wales

A week long programme of Creative Mindfulness Workshops, Community Creative Wellbeing sessions and Discussions about the role of the Arts in Social Prescribing.

Activities include Art Workshops and Dance for all; plus art for those with dementia and dance for those with Parkinson’s; plus a family workshop.

9 - 14 March
Ruthin Craft Centre, Park Rd, Ruthin LL15 1BB

Community Events: artist led mindfulness workshops; Stop, Look and Breathe ... the relationship between craft and mindfulness. No experience needed!

Exhibitions not to be missed: “WOW! + Susie Freeman”; “Dwell’ and “cARTrefu Age Cymru”

Networking followed by an event for healthcare professionals, Community workers, GPs to find out about the benefit of Arts in Health.

Wednesday 11 March: Symposium: ‘Developing Standards of Good Practice for Arts in Health’.
For artists and art organisations wishing to find out more about delivering Arts in Health projects.

FOR FULL PROGRAMME AND VENUE DETAILS VISIT: ruthincraftcentre.org.uk